

THINK - FEEL - ACT CYCLE TRACKER

Instructions: Beginning August 24, 2020 each participant will allocate at least 15 mins to track how they think, feel, and act in relation to inclusion on a daily basis. The intention is to deliberately make inclusion a part of your everyday life and witness your journey. Inclusion is possible and Dr. Gerilyn Davis wants you to know every day you make inclusion a focus that you are practicing inclusive behaviors. Inclusion happens one conversation, one relationship, and one connection at a time.

Welcome to your inclusion journey!

Sincerely,
Dr. Gerilyn Davis

Self-Assessment / Peer Assessment Score:

1 – Not impactful, 2 – Somewhat impactful, 3 – Neutral impact, 4 – Mostly impactful, 5 – Highly impactful

August

Week One			Self - Assessment Score	Peer Assessment Score
Dates:				
<p>EXAMPLE Think: When I think about inclusion, I often lose track of time. I have received more than I have lost when it comes to my ability to develop relationships and I think it is an essential. My mother didn't pass on here bitterness when it came to race because she didn't have it. While she had experiences, she never allowed them to challenge her perspective about people. I think inclusion is everything and I want to continue to challenge the stigma that is associated with not having it.</p>	<p>Feel: I feel that talking about race relations can often bring disconnection. I understand why there is a prevalence for Black Lives Matters and why people are making these statements because there appears to be contrary beliefs to those statements. I just feel that there is a better way. A way where both parties feel connection and that is why I feel inclusion matters most.</p>	<p>Act: I want to continue to challenge the conversation. I want to keep thinking and keep reflecting and keep diving deeper. I am going to write the article about Inclusion Includes you too. I want others to be able to see themselves in inclusion. I want to also reconnect and make sure that I am engaging in the Facebook groups. I will have to get myself back in the habit of being curious again.</p>	<p>4 – I believe these efforts are mostly impactful because it continues to encourage the conversation. The more focus on inclusion and connection, unconscious biases will mitigate by default. There is still more to do.</p>	<p>3 – My accountability partner conveyed that I had made significant progress. I appreciated her feedback regarding my lack of impact at the moment as I transition. I will be able to create more impact once my schedule is slightly more stable.</p>