ChooSELovetoThrive
Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY: LISTEN TO THEIR STORIES

COURAGE + GRATITUDE + FORGIVENESS + COMPASSION = THE CHOOSE LOVE FORMULA

Are you unsure about what you can do? Listen. Actively educate yourself on the experiences of your fellow Americans and listen to their stories.

There is a lot of turmoil and anger in the world right now. It's hard to understand what others may be feeling and what may be fueling their actions when you haven't had the same experiences as them. And though you will never have the same life experiences as those of different races, different ethnicities or different identities from yours, there are steps that you can take to broaden your understanding.

The first step in this process is to listen. Through social media, articles, books, magazines, podcasts, documentaries, movies, etc, people are sharing their stories and their experiences so the world can hear their voices. We challenge you to not only listen to these stories, but also set aside your own preconceived notions, challenge your own views, and open yourself to new ideas and perspectives.

Practice Courage Today:

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1. INTENTIONALLY SEARCH FOR ARTICLES, PODCASTS, DOCUMENTARIES, ETC THAT SHARE THE EXPERIENCES OF AFRICAN AMERICAN CITIZENS.

2. PRACTICE ACTIVE LISTENING WHEN ENGAGING WITH THESE MEDIUMS, SEE LINK BELOW THAT DESCRIBES ACTIVE LISTENING.

3. TAKE TIME AFTER LISTENING OR READING THESE STORIES TO REFLECT ON WHAT YOU'VE READ, MUCH OF IT WILL BE VERY HEAVY SO GIVE YOURSELF THE SPACE TO ABSORB THE INFORMATION.

4. UTILISE JOURNALING AS A WAY TO ORGANISE OR EXPRESS YOUR THOUGHTS.

5. SHARE THESE RESOURCES WITH OTHERS AND START HAVING CONVERSATIONS WITH THOSE AROUND YOU.

Parent Practice Tip:

This can be an opportunity to broaden your child's understanding of racism in America through stories and conversations. Click on the links below for useful resources to do so.

To Learn More:

Active listening

Books to help explain racism to children

How to talk to children about race

www.ChooSELoveToThrive.org

Jesse Lewis Choose Love Movement™

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