



# AT-HOME CAMP CANVAS

## BREAKING DOWN THE IMPOSSIBLE

Write a list of things you'd love to do or are committed to from conversations this week (self confidence, self care, being radical, creating or furthering equity) but can feel impossible. Write a list until you can't think of anything more. Once you've got your goals listed explore the question "what could I do to make this happen"? Jot down any ideas that come in to your mind. Let the ideas flow! Often times we don't always allow ourselves to go further in thought; we're quick to write it off as impossible or "too much". So go there; give yourself the time and see what you come up with.

On the next page write one of the things you identified in the big boulder at the top. In the smaller boulders, write down some of the ideas that came up in asking "what could I do to make this happen". You can continue to ask the question of "what could I do to make this happen?" until you have unfolded a path to now possible. Try this with one thing in your life first. If you feel inspired feel free to apply it to another thing you identified on your "impossible" list.

Here are some examples of goals folks may have;

I WANT TO...

further Racial Equity  
ask for a raise at work  
defund the police  
change my career  
better my relationship with partner

better my relationship with family  
meditate more  
eat healthier  
be more physically active  
go on a vacation

Here is an example of breaking one of those goals down into attainable items;

### 1) I want to further Racial Equity

- stay better informed about BLM
- follow Black Lead orgs, Black artists/leaders/writers
- donate or spend money that supports Black led action/organizing or black owned business
- create a book club with my friends/community
- learn my and/or history of Black experience in this country
- actively share any resources I find with friend, families, on social media
- participate local actions, marches, or protests lead by the Black community
- continue to educate myself around racial experiences and cultures outside of my own.
- create a book list
- stay research and stay informed on what BIPOC groups/organizations are up to and working
- consider what could my participation or allyship look like?



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