



Spheres of Influence

- **Self** – Educating yourself: reading relevant materials to inform yourself in engaging in conversations about race issues; strengthening your understanding of yourself and your emotions; what do you want to change
- **Close family & friends** – Knowing what you know, how do you want to influence those people who are closest to you; what concepts, meetings, thinking about race do you need to interrupt, challenge, overcome
- **Work, school, social circle** – People you interact with in your neighborhood, sports league, co-workers, classmates, social media (Facebook, Twitter, LinkedIn, etc.) and what types of conversations on race issues do you want to encourage and engage in
- **Community** – do you belong to any community groups whose mission it is to address race relations or raise concerns about race and its impact on outcomes related to disparities and inequities?