

This Book is Anti-Racist – Journal Prompts

All prompts are inspired by the work of Tiffany M. Jewell

P. 4–5 – This Is Me

- The name I choose to use:
- My pronouns:
- My age today:
- Where I am right now:
- Today's date:

P. 6 – Land Acknowledgement

- The place I live is currently called:
- The Indigenous Nation(s) connected to this land are:
- Earlier or original names of this land:
- Questions I have about the land and its history:

P. 10–11 – Pause and Reflect

- What values guide my choices?
- What beliefs matter most to me?
- What helps me stay grounded when learning feels hard?
- What support or resources help me grow?
- Who encourages me to keep learning about anti-racism?

P. 12–13 – Anti-Racist Vision

- What might the world look like if racism no longer shaped our systems?
- How would our communities care for one another?
- What role could I play in this future?
- How might I change and grow along the way?

P. 14 – Intersectionality

- Begin each line with: I am...

P. 16–17 – Personal Identity

- Activities I enjoy:
- A place where I feel safe or calm:
- Foods that bring me comfort or joy:
- People I feel connected to:
- Questions I want to ask myself:

P. 20–21 – How Diverse Is My World?

- Who I spend the most time with:
- Whose stories I see in books and media:
- What patterns I notice in my social world:

This Book is Anti-Racist – Journal Prompts

All prompts are inspired by the work of Tiffany M. Jewell

- What feels missing:

P. 23 – Check-In

- How am I feeling right now?
- What new understanding do I have at this moment?

P. 24 – Dominant Culture

- Which identities are typically centered?
- Which identities are pushed to the margins?
- Where do my own identities fit?

P. 28–29 – Race and Ethnicity

- How I describe my racial identity:
- How I describe my cultural or ethnic background:
- How often I think about these parts of myself:
- Questions I still have:

P. 32–33 – Understanding Racism

- What I understand about racism so far:
- What I want to continue learning:

P. 35–37 – Power

- Who holds power in society?
- How power connects to race:
- Ways power is misused:
- Ways power could be used for justice:

P. 42–43 – Letter to My Future Self

- What I am learning right now:
- The values I hope to hold onto:
- What I want to remember:

P. 60 – Joy

- What is bringing me joy right now?
- How joy helps me stay hopeful:

P. 61–63 – What-If Scenarios

- How I might respond when I hear something racist:
- When I might speak up or seek support:
- What helps me act with care and courage:

This Book is Anti-Racist – Journal Prompts

All prompts are inspired by the work of Tiffany M. Jewell

P. 66–67 – Anti-Racism Toolbox

- Skills I want to build:
- Tools and supports I need:
- People I can learn alongside:

P. 76–77 – Growth and Accountability

- Mistakes I can learn from:
- How I will keep learning:
- Ways I can use my influence responsibly:

P. 78–79 – Care and Support

- How I take care of myself:
- Boundaries I need to stay well:
- Who supports me when this work feels heavy: