



WEEK 1: WHAT IS EQUITY?

Equity, according to the dictionary, is “the quality of being fair and impartial.”

Equity also means giving everyone what they need to succeed, which never looks the same for two people. “Equity focuses on eliminating differences between groups, when those differences can be addressed.”

Empathy is at the core of equity. During this week’s challenge, we’ll explore:

- What is empathy?
- Equity vs equality
- What does equity look like?
- How to embrace diversity when change is hard

Your challenge for this week

Start the week with this brief seven-question survey. Write or type your answers and save them for reference later. You will be asked to complete the survey again at the end of the 21-day challenge to compare how your views on empathy may have changed.

This week, share what you learned with up to three people within your inner circle. You can post on social media, forward information to family or friends, or find a way to weave it into your conversations. Sharing your thoughts and experiences with others, and listening to theirs, is the beginning of equity. When we understand how things affect people differently, we can start to be there for them in a more equitable way.

To join the conversation online, post with #EquityStartsHereChallenge.

[Pre-Survey](#)