



EMPOWER PAGES

by Ritu

INTERRUPT THE ANTI-BLACK RACISM YOU HOLD

WHAT

As a white person, a person of color who isn't Black, or an Indigenous person, this page will help you to identify the anti-Black racism you hold and work to interrupt it.

WHY

If you truly want to interrupt anti-Black racism, you must engage in deep self-reflection about the anti-Blackness you hold and proactively engage in behavioral change to interrupt it.

HOW

Use the reflection tools below to identify what steps you can take to interrupt anti-Black racism in yourself and others.

Dismantling Anti-Black Racism Starts with You – You Must Interrupt the Anti-Blackness You Hold

In this historic moment where there's a rightful spotlight on dismantling anti-Black racism, it's also critical we recognize that anti-Black racism doesn't just live in societal systems, structures, and practices — it lives within us as individuals. As a white person, a person of color who isn't Black, or an Indigenous person who wants to be anti-racist, it's imperative that you interrupt the anti-Blackness you hold and that you take action to address it. Below are some reflection exercises that you can leverage to make this happen.

Take the Race IAT — The [Race IAT](#) is a free tool designed to help uncover your implicit bias about Black people. Ask yourself:

- What do my results reveal as it relates to my beliefs about Black people?
- Where have I seen these results reflected in my interactions and how will I address this going forward?

Educate Yourself About Historical and Present-Day Racist Systems that Lead to Anti-Blackness —

Education is critical for understanding the prevalence of anti-Black racism and why it must be dismantled. After engaging in some self-study (here's [a list to get started](#)), ask yourself:

- What have I learned about anti-Black racism from my self-study?
- What steps will I take to continue my learning and how will I change my behavior going forward?

Educate Yourself About Historical and Present-Day Examples of Black Excellence — Black excellence is often denied, which is why education about Black excellence is critical for interrupting biased beliefs about Black people. Engage in self-study (here's [a resource](#)) and ask yourself:

- What have I learned about Black excellence from my self-study?
- What steps will I take to continue my learning and how will I change my behavior going forward?

Use Your Voice to Call Out Anti-Black Racism — After today, it's important that you name other people's anti-Black remarks and beliefs. Leverage a tool I call scripting (see my [video](#) and [worksheet](#)), asking yourself:

- What scripts will I use when I observe anti-Blackness?
- In which situations can I use these scripts going forward?

Take Action to Address Anti-Black Racism — Anyone can call themselves an ally, but it's how a person takes action to disrupt anti-Black racism that matters. To be an ally in interrupting anti-Black racism, you must be [actively anti-racist](#) in your behavior. Ask yourself:

- What behavioral changes will I make to interrupt anti-Black racism?
- How will I hold myself accountable to make these changes?

THANKS FOR USING MY EMPOWER PAGES!

I carefully created these guided monthly worksheets to help you better understand your authentic self (who you are at your core!) so that you can live better, flourish professionally, develop more meaningful relationships, and much more! I have personally done all these exercises, and now I want to share them with you. As you reflect on each question, my hope is that you'll start to uncover who you are more and more. So dig deep and answer the questions honestly and whole-heartedly. And remember, this self-work is worth it!

With love and gratitude,



CONNECT WITH ME!



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MY STORY

I didn't always feel empowered to be an unapologetic, fiercely authentic person. While I was successful and living the "corporate dream" as a lawyer in my early career, I had a realization that the person I was in my day-to-day life bore little resemblance to my true self. After much soul-searching, I decided I needed to transform my life. I completed my MBA, left my job, and launched my own business. Most importantly, I committed to living as authentically as possible.

I've now presented in front of thousands of leaders around the world to inspire them to be more inclusive and to encourage those who have experienced oppression to be more authentic and empowered. I have also dedicated my life to helping people to cultivate self-love so that they can live their best with confidence. And I want the same for you. In particular, I want you to embrace what makes you different and unique. I want you to shine!

READ MY EMPOWERMENT BOOK, THE AUTHENTICITY PRINCIPLE



My Amazon bestselling book, *The Authenticity Principle*, is more than just a call to "be yourself". Combining the latest neuroscience, leadership, diversity, and mindfulness research with a wealth of practical exercises, my book will provide you with a framework for living more authentically, so that you can thrive in all spheres of your life. It's also filled with my personal stories, and stories of others, about how to overcome barriers to living authentically. Learn more about *The Authenticity Principle*, including where to buy it, at www.ritubhasin.com/authenticity-principle.

MY NEWSLETTER

Get my monthly Empower Pages delivered straight to your inbox! Sign up for my newsletter at my website to receive the Empower Pages and other tools to help you live your best!

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