

FREEDOMANDBALANCE.COM/ILOVEUS

*I love us*

**A 7-DAY JOURNALLING EXERCISE TO HELP BLACK  
PEOPLE PROCESS THEIR THOUGHTS DURING CRISIS**

**FREEDOM  
& BALANCE**

**These journal exercises were made in response to the horrific and unjust murder of George Floyd. 25th May, 2020.**

These journal exercises were made for black lives to have a space to process their thoughts, be vulnerable, and be their honest selves, outside the noise of social media, and without having to worry about who's watching.

You are free to share whatever you write at the end of each exercise with friends and family, but that's not really the point. The point is to give your inner-world breathing space, so you can take on the outer-world with purpose and clarity.

If you are non-black, these exercises were not made for you. This was made to help black people process and heal during this time. However, there are many ways non-black people can be a strong ally at this moment. Get educated on racial injustice, challenge racist behavior in your everyday circles, support your local activist groups.

Help end the continual violence targeted towards black lives worldwide.

We hope that as you go through these exercises, you may find greater clarity, wisdom, and inner-peace during this time.

I love us.

– André Anderson, Freedom & Balance

i love us

# Day 1

35 mins

Today, use the title...

**“Thoughts on race  
I’m too tired to post  
on social media”**

**Choose a medium:**

- A 1-page journal
- A photo collage
- A 5 min voice memo

**Supporting Questions:**

- What issues regarding race have you experienced that have left you sad, angry or confused?
- What about your experience do you feel is misunderstood or ignored in your day-to-day life?
- Where in your life/culture do you find peace to help you take on the outside world?

*i love us*

# Day 2

35 mins

Today, use the title...

## “Things that bring me nourishment”

### Choose a medium:

- A 1-page journal
- A list
- A playlist

### Supporting Questions:

- Where do you go to centre yourself?
- What conversations have you had in recent memory that have nourished you?
- If you were to make a list of all the things in your culture that affirm who you are, what would that list look like?

i love us

# Day 3

35 mins

Today, use the title...

## “People of colour who I adore and admire”

### Choose a medium:

- A 1-page journal
- A love letter
- A shrine

### Supporting Questions:

- Who in your life do you adore and admire? Why?
- Talk about a time in your life when they have impacted you the most.
- If you could show them your gratitude, how would you?

i love us

# Day 4

35 mins

Today, use the title...

**“Being me, black,  
bold and brilliant”**

**Choose a medium:**

- A 1-page journal
- A list of affirmations
- A poem

**Supporting Questions:**

- What do you love most about your blackness?
- What do you need to celebrate more about yourself?
- What lies surrounding your blackness do you need to unlearn?

i love us

# Day 5

35 mins

Today, use the title...

## “The work we need to do... right now”

### Choose a medium:

- A 1-page journal
- A 1-page strategy
- A list of research questions

### Supporting Questions:

- What racial injustices/ inequalities are happening in your immediate world that you need to comfort?
- What do you have within your power to help address the injustices in your immediate world?
- Who is doing work on racial injustice in your immediate world that you would like to support?
- How can you keep your inner-peace whilst fighting in a world of injustice?

i love us

# Day 6

35 mins

Today, use the title...

## “The world I have to see”

### Choose a medium:

- A 1-page journal
- A moodboard
- A letter to future generations

### Supporting Questions:

- If you had the power to redesign the world as you saw fit, what would it look like?
- In the future, what do you look forward to seeing for your culture?
- If you could speak to future generations, what would you want them to remember?

i love us



# Day 7

35 mins

Today, use the title...

## "I LOVE US"

### Choose a medium:

- A 1-page journal
- A reflection of previous journal entries
- A conclusion

### Supporting Questions:

- How have your thoughts developed during the making of these journals?
- How can your journals help you better take on the world around you?
- If you were to combine your previous journals into one new journal, how would you?

i love us

FREEDOMANDBALANCE.COM/ILOVEUS

i love us

Like we said before, you are free to share whatever you write at the end of each exercise with friends and family, but that's not really the point. The point is to give your inner-world breathing space, so you can take on the outer-world with purpose and clarity.

We hope these exercises have helped you find greater clarity, wisdom, and inner-peace during this time.

Stay well x

A CURRICULUM BY

**FREEDOM  
& BALANCE**

FREEDOMANDBALANCE.COM