

BEYOND SUNDAYS – EQUITY

Reflection & Practice Guide

(Use Over the Next Month)

Equity: A Living Practice

Equity affirms that every person is inherently worthy and has the right to flourish.

Equity is not about treating everyone the same.

It is about recognizing that people have different needs, experiences, and starting points—and ensuring everyone has what they need to thrive.

This month, we invite you to move beyond reflection into practice.

PART 1: PERSONAL REFLECTION

Take a few quiet moments to reflect on your experience.

1. What Does Equity Mean to You?

When you hear the word equity, what comes to mind?

2. A Moment of Fairness

Can you recall a time when someone treated you with genuine fairness, dignity, or understanding?

What made that experience meaningful?

3. Inner Equity (Self-Talk)

What is one phrase you tend to say to yourself when things are difficult?

Now gently rewrite it in a way that allows growth and possibility:

Rev. Dianne M. Daniels
Unitarian Universalist Fellowship of Storrs-Mansfield
Beyond Sundays Series

Part 2: Take-Home Practice - The Equity Reflection Exercise

During the coming month, take time to reflect on the five equities of life. Flourishing happens across multiple areas of life. Reflect honestly on where you are right now.

Rate each area from 1–5

(1 = needs attention, 5 = strong and flourishing)

Area Rating	Reflection
Physical _____	_____
Intellectual _____	_____
Financial _____	_____
Psychological _____	_____
Spiritual _____	_____

Reflection Questions

1. For each area, ask yourself:

1. Where do I currently feel supported and flourishing?
2. Where might I need more balance or attention?
3. What small step could help move this area toward greater equity?

Write one small action for each category.

Remember: Small actions create meaningful transformation.

PART 3: EXPANDING POSSIBILITY

Notice Your Thinking

Have you recently talked yourself out of something before trying?

What was the situation?

What might be possible if you approached it differently?

Where Might You Be Playing It Safe?

Is there an area of your life where staying comfortable is keeping you from growing?

What is one small step you could take outside your comfort zone?

PART 4: PRACTICING EQUITY IN DAILY LIFE

Awareness

Where do you notice opportunities for greater fairness, inclusion, or understanding?

At home? At work? In your community?

Curiosity

Who in your life has a perspective different from yours?

What is one question you could ask them to better understand their experience?

Words Matter

What is one phrase you will intentionally replace this month?

Old phrase: _____

New phrase: _____

PART 5: YOUR EQUITY COMMITMENT

Choose one small, meaningful action you will take this month.

(Keep it simple. Keep it real.)

My commitment:

Optional: Accountability Partner

Who can support or encourage you in this commitment?

CLOSING REFLECTION

Equity is not about perfection. It is about intention—practiced consistently.

Each small action matters:

- One conversation
- One choice
- One thoughtful word
- One courageous step

Final Question

At the end of this month, how will you know you've grown in your practice of equity?