



Go Out and Listen Up! Walk the Talk

Self-Reflection Summary

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During the event, keep the following three [Ally Responsibilities](#) in the forefront of your mind and use them as a measure of your own intentions and actions.

#5 Reflect and embrace ignorance

#7 Listen and reflect through the medium of subjectivity and critical thought

#15 Do not take up time at community meetings and events, listen more than speak

Questions

Important Points and Recommended Resources



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Walk the Talk



Afterwards, compare the notes you wrote before the event with what you wrote down during.

Questions	Reflections
New Thoughts	
Emotions	
Plan of Action	