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My beliefs and conscience won't let me stay silent and inactive anymore.  
The trouble is, I don't know where to start.

**So I'm stepping back and returning to the three things I lean on when I don't know where to begin, let alone know what to do or say.**

If like me, you're sad, unsure, awaking to things before unseen, wanting to DO and SAY something but afraid of being insensitive or ignorant, and wondering where on earth to go first, here are three things to help lead you move forward in love.

Reflect on what you know and what you don't.

**Here's what I don't know:**

- What it's like to be a person of color
- What to say or do
- Where to start

**Here's what I do know**

- I'm a beginner, woefully ignorant and ashamed of that truth.
- I'm waking up to a reality that's been there the whole time.
- I can be responsible for my own thoughts and actions and be proactive.
- I can do better at reflecting, educating myself, and entering into the conversation.
- I can speak up where previously I've stayed silent.
- There are people I can learn from and I'm not powerless to change.

**What I do know is what drives me forward.** As JFK said, *"There are costs and risks to a program of action, but they are far less than the long range risks and costs of comfortable inaction."*

**Learn from others.**

When I don't know where to begin, I start with others who are already leading the way. I'm following people on social media, reading articles, talking to friends, listening to speakers and doing the work.

Lamenting and learning can happen at the same time. Let's do both.

Take the first step. As William Wordsworth said, *"To begin, begin."*

All I can do is start where I am and keep moving forward in love, grace and compassion, both for myself, my fellow learners, and my African-American sisters and brothers.

How about you?

**What do you know and not know? Who will you learn from? What first step will you take?**

I hope sharing my struggles and being honest with where I'm at will help you do the same.

Much love,  
Niki