



daily GOOD

All that is important is this one moment in movement. Make the moment important, vital, and worth living. Do not let it slip away unnoticed and unused. --Martha Graham

Amisha Harding: The Accidental Activist

"Amisha Harding was reluctant to join the crowd after seeing how some protesters clashed with police, vandalized property, and left shattered glass and burning cars in their wake opposite Centennial Olympic Park early in the Black Lives Matter protests. She took heed when Atlanta Mayor Keisha Lance Bottoms held a press conference and said, "If you love our city, go home." It was her love for her hometown that ultimately inspired Harding, a first-generation American with roots in Trinidad and Antigua, to drive downtown two nights later and support the cause." Read on to learn what this accidental activist did next...

Be The Change:

What are you feeling called to in this moment in history? Make sure to show up for it in ways that feel authentic to you.