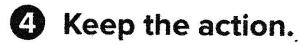
	Address		Phone		
	This document is designed to help you plan your activism, especially for those just becoming active. Going through these steps will help you to reflect on your priorities and develop concrete steps to achieve your activist goals. The process may seem simplistic, but it was created for many different people, with a wide range of skillsets. It is meant to encourage mindfulness and accountability over what may be a long and difficult fight. Use it however you feel will make you the most effective advocate for change. Please share widely. This is our fight now!				
000000	Religious discrimination LGBTQ rights Renewable energy Affordable housing Affordable higher ed Affordable healthcare	Minority rights/protection Womens reproductive rights Redistricting/voter rights Campaign finance reform Income inequality Living/minimum wage	Ecology/climate change Automating/offshoring job Union rights/protection Social Security/Medicare ———————————————————————————————————		
Examples: event organizing, phone calling, writing, web coding/design, data entry skills, random excess cases.					
2	Who do you know? Are you	u already active with any organizations that m	night be willing to work with you/us?		
	Who's your buddy? Find	nd one to support you/share experiences with	h, and maybe even work with!		

3 Decide on action.

Think about your cause, your skills + resources, and pick one thing per category per cause that you will do continuously in the future (as applicable).

In-person Action	Financial Action	Thought Action
Who can you call? What events can you attend? Where can you volunteer?	Where can you donate money? What can you boycott or support?	How can you write or speak about your causes? How can you encourage others to participate?
/hen will you do so? (pick one) □Daily □Weekly □Monthly	When will you do so? (pick one) □Daily □Weekly □Monthly	When will you do so? (pick one) □ Daily □ Weekly □ Monthly
time? day? date?	time? day? date?	time? day? date?



This is the hardest part. Here are some tips based on the best ways to form new habits:



Keep a constant reminder in your home. Hanging up this guide is a great example!



Find a way to celebrate the small wins. Change takes time - be sure to acknowledge and reward yourself each step of the way!

Make the commitment now - we can do this!

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