

Name _____

Phone _____

Address _____

Email _____

City, Zip _____

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!

1 Choose your cause.

Choosing 1 to 3 causes will allow you to focus your energies. A few suggestions...

- Religious discrimination
- Minority rights/protection
- Ecology/climate change
- LGBTQ rights
- Womens reproductive rights
- Automating/offshoring job
- Renewable energy
- Redistricting/voter rights
- Union rights/protection
- Affordable housing
- Campaign finance reform
- Social Security/Medicare
- Affordable higher ed
- Income inequality
- _____
- Affordable healthcare
- Living/minimum wage
- _____

2 Know your skills + resources.

They don't have to be unique skills and resources, just some ways you would be able to contribute. Examples: event organizing, phone calling, writing, web coding/design, data entry skills, random excess cash etc.

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Who do you know? Are you already active with any organizations that might be willing to work with you/us?

Who's your buddy? Find one to support you/share experiences with, and maybe even work with!

Name

Phone

Email

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?



When 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?

4 Keep the action.

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!