

ACTIVISM IN AMERICA

Your personal guide to continuing the fight for **inclusivity**, **compassion**, and **respect**.

This chart is designed to help you plan your activism, especially for those who are just beginning. Going through these steps will allow you to reflect on your activist priorities and develop concrete steps to achieve your goals. The chart may seem simplistic, but it is targeted towards a range of 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...

- | | | |
|--|---|--|
| <input type="checkbox"/> Reproductive rights | <input type="checkbox"/> Decarceration | <input type="checkbox"/> Affordable health care |
| <input type="checkbox"/> Black Lives Matter | <input type="checkbox"/> Student debt | <input type="checkbox"/> Sexual assault prevention |
| <input type="checkbox"/> Environmental justice | <input type="checkbox"/> Impartial news media | <input type="checkbox"/> Immigration reform |
| <input type="checkbox"/> Religious freedom | <input type="checkbox"/> Literacy | <input type="checkbox"/> Affordable housing |
| <input type="checkbox"/> LGBTQ rights | <input type="checkbox"/> Campaign finance reform | <input type="checkbox"/> Job creation |
| <input type="checkbox"/> Voter protection | <input type="checkbox"/> Protection of Native peoples | <input type="checkbox"/> Other: _____ |

2 Know your skills + resources.

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



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
[Dashed box for notes]	[Dashed box for notes]	[Dashed box for notes]
<i>Who can you call? What protests can you attend? Where can you volunteer?</i>	<i>Where can you donate money? What can you boycott?</i>	<i>How can you write or speak about your cause? How can you encourage others to join?</i>
<i>When will you do so? (pick one)</i>	<i>When will you do so? (pick one)</i>	<i>When will you do so? (pick one)</i>
daily weekly monthly	daily weekly monthly	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!

[Signature line]	[Signature line]	[Date line]
Signed	Witness	Date

★ more info and downloadable version at: imwithactivism.wordpress.com ★