Americans of Conscience Action Planner

By Jen Hofmann

Print out this worksheet. Fill in the blanks.

1. a. Choose your top 3 activism priorities:
Which issues matter most to you? Focusing on a few helps prevent overwhelm. Choose at least one issue that doesn't affect you personally to be a better ally.

1.
2.
3.

b. What actions will you do to support these issues (calls, postcards, marches, etc.)?

2. Create a self-care plan: Self care is a form of activism because it helps you maintain personal power, feel grounded, and be resourceful. List 5-10 things that bring you calm, contentment, happiness, and/or inspiration.

3. Go to https://www.contactingcongress.org/ and write down your…

Representative name:
Local office phone:
DC office phone:
Mailing address:

Senator 1 name:
Local office phone:
DC office phone:
Mailing address:

Senator 2 name:
Local office phone:
DC office phone:
Mailing address:

4. Get app-y. Install ResistBot app or Stance voicemail app. ☐

5. a. Get a pile of postcards (or sheets of 110lb cardstock to make your own) ☐

b. Get stamps: a book or two of 34-cent stamps for postcards. ☐

6. Have a conversation with beloved others about the actions you want to take.

If you want to do your actions with others, invite them. ☐

7. Schedule time in your calendar to be active.

a. Write times you will take action. ☐

b. Write times you'll do **self-nourishing activities** each week. ☐

8. If you're not yet signed up for the weekly Americans of Conscience Action Checklist, go here: americansofconscience.com.

Mac user? *Watch this tutorial for printing from Gogle Docs.*