

# ALL YOU DO: Citizen-Activism List

## Your Guide to Assessment and Planning



### HOW YOU HELP AND ENGAGE

### EXAMPLES

#### Your Thoughts



Thinking, reading, learning, getting educated and inspired

News  
Blogs and vlogs  
Podcasts  
Books / magazines  
Documentaries  
Following activists and analysts  
Meditation / yoga / prayer

#### Your Words



Everything you do to communicate with others

Speaking one-on-one  
Emailing / texting  
Posting on social media  
Signing petitions  
Contacting elected officials  
Giving talks / speeches  
Writing letters / articles / blogs / books

#### Your Money



Donating, sharing, supporting others

Donating to non-profits  
Supporting citizen-action groups  
Campaign contributions  
Subscribing to media outlets  
Buying books / magazines / movies

#### Your Actions



How you spend your waking hours in direct service to others

Volunteering  
Campaigning  
Voting  
Protesting / marching  
Engaging with citizen-action groups  
Attending town halls  
Attending county council hearings / commission meetings  
Advocacy work  
Helping professions (e.g., social work)  
Government work