

HEY! I TOOK ACTION!

This is a movement, not a moment—here’s how I took action this month:

- Contacted a legislator
- Signed a petition
- Joined a march/rally
- Attended a meeting
- Organized an action
- Donated to an org
- Volunteered w/ an org
- Shifted my spending
- Helped a campaign
- Donated to a campaign
- Educated my network
- Connected with my accountability buddy

The issue candidate organization I focused on was:

Here are the deets of what I did:

Here’s the impact it had:

Here’s what I want to focus on next month, to continue working towards my activist goal:

Temp check—I’m feeling:

- Inspired Motivated Tired Frustrated Calm _____

Hey! Just wanted to let you know that you’re doing great, keep it up <3