

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.

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