Taking Action & Self Care Worksheets

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These recommendations are not a substitute for professional services when needed. In the US, text or call 988 for a 24/7 crisis hotline. For emergency mental health telephone numbers in other countries, go to: findahelpline.com
What is your vision for the world?
Climate Action Venn Diagram by Ayana Elizabeth Johnson. The worksheets in this guide will help you create your own venn diagram to determine your climate action.

What brings you joy?
Sources of satisfaction and delight

What are you good at?
Your skills, resources, and networks

What work needs doing?
Climate and justice solutions

Your climate action!
What inspires you to take action to address the climate crisis?

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Using the butterfly model of transformative social justice, Leah Penniman described the four wings of movement change as:

- **Resisters**: protestors
- **Reformers**: educators, advocates, lawyers
- **Builders**: creators of alternative & new systems
- **Healers**: therapists, artists, musicians

Examples of each (you can be more than one!):

- **Resisters**: protestors
- **Reformers**: educators, advocates, lawyers
- **Builders**: creators of alternative & new systems
- **Healers**: therapists, artists, musicians
The climate crisis requires systems changes that start with local actions. What issues do you believe are important to address? (ex. education, green energy, forestry, alternative transportation)
Addressing the climate crisis: what are your interests or skills? (ex. art, science, advocacy, writing, nature)

"Apply your skills to heal the world."

- Joanna Macy

How can you use your skills to take meaningful action in your community?
What resources do you HAVE to take action?

- [x]
- [x]
- [x]
- [x]
- [x]

What resources do you NEED to take action?

- [x]
- [x]
- [x]
- [x]
- [x]

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There is no climate hero to save us. We all must act together to address the climate crisis. Who can you connect and work with?
Who are your supporters to help you take action? And who do you support? (ex: parents, friends, siblings, teachers, colleagues, faith leaders)
<table>
<thead>
<tr>
<th>Goal</th>
<th>Decision-Maker</th>
<th>Organizational Considerations</th>
<th>Constituency People Power</th>
<th>Tactics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long-Term Visionary Goal</td>
<td>What you really want. Example: Fair and livable wages for all workers in state! Are impacted communities a part of process?</td>
<td>The person who has the power to give you what you want!</td>
<td>Who cares about the issue?</td>
<td>How you will show power to the D-M so they will say yes to the goals?</td>
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<tr>
<td></td>
<td></td>
<td>● Elected or appointed or corporate?</td>
<td>● Whose problem is it most directly?</td>
<td>1. Show power directly to the Decision-Maker</td>
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<tr>
<td></td>
<td></td>
<td>● Do you have electoral or consumer power?</td>
<td>● What do they gain if they win?</td>
<td>● Letter writing</td>
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<td></td>
<td></td>
<td>● Analyze your potential power over them very concretely so that you can use it strategically!</td>
<td>● Who else will be an ally on this issue?</td>
<td>● Petitions</td>
</tr>
<tr>
<td>Intermediate</td>
<td>What you are trying to win now. Example: $15 state minimum wage law.</td>
<td>Be Specific! Use numbers! How will you engage impacted communities in campaign development?</td>
<td>● What power do they have over the Decision Maker?</td>
<td>● Phone calling</td>
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<td></td>
<td>How will you make sure victory secures equity? Does affect different groups differently?</td>
<td>How will you build your organization?</td>
<td>● How are they organized; where can you find them?</td>
<td>● Social Media Tactics</td>
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<td></td>
<td>Goals are always concrete improvements in people’s lives!</td>
<td>Money to raise?</td>
<td>How specific?</td>
<td>● Media Events</td>
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<tr>
<td></td>
<td></td>
<td>New leaders?</td>
<td>How much? How many?</td>
<td>● Rallies, Actions</td>
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<td></td>
<td></td>
<td>Public recognition</td>
<td>How specific?</td>
<td>● Public Forums</td>
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<td>Are there divisions in the decision-maker’s base along identity lines?</td>
<td>How many? Be specific!</td>
<td>● Strategic Civil Disobedience</td>
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<tr>
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<td></td>
<td>Internal problems?</td>
<td>Are there cultural factors to account for?</td>
<td>● Etc., etc.—be creative!</td>
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<td></td>
<td>How to solve/reduce.</td>
<td>What oppression analysis do they bring?</td>
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<td>Are there power differentials?</td>
<td>How will you talk about race/identity publicly?</td>
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<td>Opponents?</td>
<td>2. Public Education and Organization Building</td>
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<td>Can you neutralize or divide any opponents?</td>
<td>● Teach-ins</td>
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<td></td>
<td></td>
<td>● Media events, etc.</td>
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<td>● Social Media</td>
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<td></td>
<td></td>
<td>● Rallies/Banners</td>
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</tbody>
</table>
The impacts of collective action & organizing

ORGANIZE!
Each climate action we take can make a difference. What are the potential ripple effects of your climate actions in your community, region, nation and the world?
How do you practice self care to prevent burnout in your activism? (see tips at climatementalhealth.net/resources)

**Physically**

- ✓
- ✓
- ✓

**Mentally**

- ✓
- ✓
- ✓

**Emotionally**

- ✓
- ✓
- ✓

**Spiritually**

- ✓
- ✓
- ✓

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Joy and Gratitude

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What brings you joy?
What are you grateful for?
More Resources
ClimateMentalHealth.Net/Resources

Active Hope by Joanna Macy

Work That Reconnects

Midwest Academy & the Strategy Chart for Organizing

Climate Action Venn Diagram

CMHN Recommended Books List

Project Drawdown: Climate Solutions

Organizing for Social Change by Kimberly A. Bobo, Jackie Kendall and Steve Max

Heather Booth's 10 Tips for Organizing

Bali Principles (United Nations)

Jimenez Organizing Principles

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