1. Look up your Congresspeople and write down their contact info.
2. Enter their numbers into your phone. Pro tip: Fill in their workplace as “Congress” or “Dumpster Fire” to pull them all up at once.
3. Consider your top activism priorities and actions to take; discuss these with beloved others.
4. Make phone calls and send postcards weekly reminding them of your top issues.
5. Wake up in the morning and face the day again. You can do this.

My Top 3 Priorities

Actions

Think about the things that matter most to you. Include an issue that doesn’t affect you personally. Brainstorm actions to address each one.

1.
2.
3.

My Senators:

Name:
Local Office:
DC Office:
Email:
Mailing address:

My Representative:

Name:
Local Office:
DC Office:
Email:
Mailing address:

Sustainability

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

Schedule time each week to do this work. Put it on your calendar.

Invite others to join you. Help them write their own priorities. Hold each other accountable, but don’t let guilt creep in.

Make time to rest and reenergize yourself. Take a nap. Eat a snack.

Resist. Repeat.

Pocket-Sized Action Guide

Adapted from the Americans of Conscience Worksheet by Jen Hoffman
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