

Ten Point Plan for Becoming an Effective Activist

Define Your Goals/Find Your Passion

1 Before getting started with activism, you need to define your goals. In our country, right now, there are more topics of interest and causes to fight for than any one person can realistically focus on. Each of us needs to target our efforts if we want to maximize results. Pick an issue, a cause, etc. to concentrate on and decide what outcome you would like to see. Then get ready to work towards that outcome.

Get Organized

2 Take time to find out who your representatives are in [Congress](#), the [Senate](#) and [at the local](#) level. Your county and state representatives can put pressure on your governor who can then, in turn, put pressure on the White House and Congress.

You will also want to take time to investigate existing efforts that align with your goals. For example, if you are concerned with the constitutional legality of the President's executive orders, you may want to coordinate your efforts with the ACLU or other similar organizations.

Make Your Plan

3 Create a definite plan for achieving your desired outcome. The best way to come up with a plan is to talk with someone who has done what you are trying to do. Chat with a neighbor or someone you know who protested in the 1960's. While this is an unusual administration and there is more to protest than ever, protesting itself is not new territory.

Find a Group of Like Minded Individuals

4 There is too much to be done right now for any of us to do this alone. We must share the load with others and know that we are not alone. Find a group of friends in your community who share your values and desired outcomes and spread out the work. You can each tackle one front or you can join your efforts toward a single goal. If you cannot find someone local, email us at groups@progressiveresistanceleague.com, tell us what you are looking to accomplish and we will connect you with a group. We ALL need backup.

Feel the Fear and Do it Anyway

5 This is a scary time in our country's history. Many of us have never felt the need to stand up to our government and, frankly, the idea can be a little bit scary. Remember that, as Americans, **peaceful** resistance against the government is not only our right, it is our responsibility when we feel that the government is overreaching.

Don't Feed the Trolls

6 You catch more flies with honey. We all know this and, yet, the current climate is making it more and more difficult to avoid arguments. When you encounter individuals who are “on the other side,” beginning an open dialogue is a good goal. If, however, the other person begins to engage in name calling, lies (which are plentiful these days), just remember what Michelle Obama says “When they go low, we go high.”

You are free to end the conversation, block the person on social media or otherwise remove them from your space. Peacefully. There is far too much work to be done to waste time arguing with closed minds.

Budget Time and Money

7 Your time and your money are not endless. Because of this, you must prioritize. Set aside a specific amount of time each week (this amount will likely vary) and use that time to work on your personal plan/goals, not just what is hot in the moment. Remember, this is a marathon, not a sprint.

Money can become a very tough topic when there are so many worthy causes. Talk to your group about whether you want to “divide and conquer” or focus your collective dollars towards a single cause.

Persist

8 Stay positive. There will be days where the victories will outweigh the losses and vice versa. Consistent, persistent action in one direction serves you (and your cause) more than scattered action in dozens of different directions. Just remember that you are not alone. Millions of other people are out there standing up against regressive policy. Together, we will affect change.

Take Breaks

9 You're going to burn out if you don't take care of yourself. Set aside one day a week where you unplug, take an evening and watch some “junk food” TV or go have dinner with a friend. You'll come back to it refreshed, energized and remembering why you're working so hard in the fir

Develop Activist Habits

10 There are many small habits you can develop that will make you a better activist. Be proactive, schedule your actions effectively, exercise flexibility and set manageable goals. It is all part of the game.

**As part of our email series, you will receive more information on each of these topics over the next 10 days. Thank you for being a part of the resistance. We couldn't do it without you.