

## **Sacred Activism Worksheet**

Copyright Carrie Jordan

### **REFLECTION:**

**What world or community event(s) did I feel excited and expansive about this year? What were our biggest accomplishments as a collective?**

**When have I felt powerless in relation to what is going on in the world or community in the past year?**

**What could I have done better this past year in terms of being a part of my community and getting involved in current events?**

**What did I learn about being an activist this year?**

### **ENVISION: Co-creation and working with “The Big Dream”**

Many shamanic cultures believe that reality exists as a result of the Big Dream of the Cosmos. The Cosmos have dreamt you and I into existence. All of creation is like a spider web of life that connects everything (all our relations...our ancestors, our descendants, the standing nation, the plant nation, the two leggeds, the winged ones, and all the creatures in between). YOU are a dream, and you are dreaming your reality into existence. You are dreaming OUR reality into existence.

So, what are you dreaming? Let's change our dream to change our reality. One of the many responsibilities of being a spiritual and mature adult is to pay attention to what our dreams (conscious and unconscious) are creating. When we align with the flow of life and the Big Dream, what can unfold?

- 1. Create a vision board of what the world and your community looks like.**
- 2. Write your vision: “Imagine a world where....”**

**ACTION**

**What are the top 3 causes I care about? (circle)**

Animal Welfare

Arts and Culture

Children

Civil Rights

Disaster Relief

Economic Empowerment

Education

Sustainability & Environment

Health

Human Rights

Politics

Poverty Alleviation

Science and Technology

Social Services

Other (something more specific such as "Standing Rock"): \_\_\_\_\_

**Why?**

**What are my top three favorite non-profit organizations?**

1.

2.

3.

I commit to making a recurring donation to this organization: \_\_\_\_\_  
in the amount of \$\_\_\_\_\_ each \_\_\_\_\_ (month, week, quarter, year)

**What are the top companies in my community I know are contributing the most to the betterment of our community and the world?**

Food Markets or Stores:

Clothing Stores:

Home goods Stores:

Restaurants:

Places I can buy gifts:

Am I willing to make a commitment to doing most of my shopping at these places?

Note: Good Will or another 2nd hand store may be able to fulfill many of your needs.

## Being of Service

Write down 15 ways you can be of service this year (one for each month + a little extra):

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.

Sign here to commit to being of service in at least 12 of these ways this year:

---

## Deep Listening

Often we avoid speaking with people with whom we do not agree. This is where the classic advice “don’t talk about religion or politics” comes from.

However, avoiding these very important topics creates more division in our society because we don’t hear from people with different view points. We need to talk to each other using deep listening skills in order to stay connected instead of divided.

Instead of thinking of how you are going to respond while you’re talking to someone, try to get into their world and understand *why* they have their view point. Remember that their view point makes sense logically to them for some reason(s). Try to find out where they picked up their world views. Your most important asset during these conversations is your **curiosity**: Stay curious and continue reflecting what you hear, then asking a question about it.

Example: A reflection is repeating what the person just said to you. This helps them feel like you heard and understood them: “I hear that you don’t approve of abortion because you believe that it is murder.” The person will probably respond or elaborate when you allow it. If they do not elaborate, you can ask a question, like “Have you ever known someone who had an abortion?” or something else that you are curious about.

Perhaps discuss these deep listening skills with the person you’re speaking with so that they can learn how to listen, as well while you eventually share your point of view.

The goal is to truly listen to someone and hopefully be listened to in return when they feel complete. If you don’t get to share, that is ok, too. A good response is “what an interesting point of view you have” or “what an interesting point of view I have.”

Record who you speak with and how these conversations go. Can you consider it your duty to speak with a certain number of people with whom you do not agree per month? After all, it is your duty to show up as *you* in the world.