

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:

