

Nov 5, 2024

Your Progressive Wake Up Call!

Action Steps Toward a Better World



1

Vote With Your Actions Every Day

Voting is more than casting a ballot. Every dollar, every choice, and every interaction can be a vote for a compassionate and sustainable world. Take actions each day with loving awareness, intention, and integrity to create the more beautiful world you want to live in.

Buy Less, Buy Local, Buy Smart

2

Break the cycle of mindless shopping and convenience addiction. And stop shopping on Amazon! If you truly need something, opt for fewer, higher-quality items from local businesses and support local farmers' markets. Buying less and only making very intentional ethically sourced purchases reduces the environmental impact of disposable goods and breaks the cycle of the convenience-driven corporate economy.

3

Unplug, Connect, & Care for Your Mind

Step back from screens and limit your dependence on technology. Compassionately connect with yourself and others in real time, and prioritize mental health. Your nervous system deserves a break. Deep peace, focus, and connection comes from being present in the moment.

www.verywellmind.com

Love The Earth, Reclaim Your Health

4

Get outdoors, breathe deeply, and reconnect with the wild. Choose to walk, bike, or take public transport to reduce reliance on fossil fuels, promote a healthier life, empower communities, and protect our planet. Embracing a local lifestyle strengthens local resilience and loosens the grip of the greedy, polluting oil industry. Go figure!

5

Heal Trauma, Remember Your Soul

Growing loving awareness of personal and generational traumas is an evolutionary act. Attending to our shared human suffering opens our hearts to the world and returns us to the depth of our soul, where our truest gifts reside. Practices like meditation, nature walks, and self-reflection - even 15 minutes a day - cultivate resilience and clarity for soul-guided living.

www.verywellmind.com

Your Progressive Wake Up Call!

Action Steps Toward a Better World



6

Create Community

Get to know your neighbors and build relationships with people in your local community. True relationships enrich our lives far more deeply than online connections and foster mutual support.

tinyurl.com/grow-neighbors

Rethink Food Waste and Eating Habits

7

Adopt a low-waste lifestyle: plan meals, eat leftovers, and compost scraps. Food waste is a major contributor to climate change and fuels corporate greed. And eating less meat (or none at all) challenges exploitative systems and helps restore planetary balance. Small change = big difference!

8

Live with Awareness

Reexamine where your energy, resources, and time are directed. Reflect on the deeper impact of your daily habits and how each choice shapes your life and our interconnected world. Cultivating self-awareness is an important step in changing the world and staying tuned to the true you.

Practice Service and Generosity

9

Embrace a spirit of giving, whether through time, resources, or skills. Acts of service not only uplift others but also reconnect us to our shared humanity.

Small, generous gestures build resilience, compassion, and community-centered living.

10

Cultivate Gratitude and Spread Kindness

Start each day with gratitude for your life. Recognizing even the smallest blessings creates a ripple effect, inspiring random acts of kindness that brighten lives and foster a world of love and compassion.