

Are you watching the news with dismay?
Feeling fearful? Angry? Fired up?
Feeling uncertain about what you can do?
Are you ready to stand up?

GET ACTIVATED

4

1-hour
online
workshops

Cost: \$0
OR
Donation to
ACLU or Rumaki*

EVALUATE your position

Where are you on an "ability to act" scale? What motivates you?

IDENTIFY your power

What are your skills and abilities?
In what places are you present?

ACTIVATE your power

What do I need in order to act?
Where do I show up?

HOLD your power

Maintaining your path.
Understanding & managing
resistance to your power.

**YOU HAVE MORE
POWER THAN
YOU THINK.**

LET'S FIND IT TOGETHER



*As you can afford