



C **MMIT2ACT**

Student Guide to Action

Simple Steps Towards Change

CREATED BY:



TakingITGlobal
INSPIRE INFORM INVOLVE





COMMIT2ACT

Introduction

Welcome to the Commit2Act Guide to Action.

It has been designed to help you turn your dreams into reality and to accelerate sustainable changes within ourselves, our communities and the world.

We hope this guide will provide you with inspiration and helpful frameworks to support you in making changes to adopt sustainable behaviours, implement meaningful community projects and empower you towards positive transformation for our planet.

This guide will also make connections to the Commit2Act Platform, a tool that has been developed to track the impact of sustainable behaviours. Commit2Act is supported by Environment and Climate Change Canada through the Environmental Defence Fund.

Begin your journey by signing up for Commit2Act at <https://app.commit2act.org/> or by scanning the QR Codes on this page or throughout this document.

We can't wait to see the impact of your changes on the world.
Don't forget to enjoy the process and celebrate the small wins along the way!



This guide is dedicated to young people who want to foster positive change in the world and to all those who believe in the power of their dreams.

Guide to Action

Simple Steps Towards Change

Process Overview

1

REFLECT & GET INSPIRED

Begin by reflecting on your motivation for change. Who or what inspires you? Perhaps it is the beauty of nature and the need to keep our environment protected. Look to individuals, communities, and organizations that have made significant environmental impacts as sources of inspiration. Small daily actions can also be a great way to start the process of creating bigger changes!

[Start taking action by scanning the QR:](#)



2

IDENTIFY & GET INFORMED

Focus your passion by identifying specific environmental issues that resonate with you, such as climate change, pollution, biodiversity, or gardening. Make it personal and consider how and why this issue is important to you. Dive into learning about these topics through reputable sources, including scientific journals, environmental documentaries, and sustainability conferences.

6

HAVE A LASTING IMPACT

Monitoring and evaluation are important parts of the process. Throughout your project you'll want to identify challenges you may face and the lessons you are learning. Encouraging other youth to get involved in the issue you care about is a great way to sustain your efforts. Remember, even if you don't achieve all of your expectations, or end up in an entirely different place than you planned, you likely learned a lot along the way, made new contacts, influenced others and experienced personal growth through new skills.

3

LEAD & GET OTHERS INVOLVED

Start with small actions to build a team! Think about the people you know who may care about the same things as you. Map out partners and allies in your community such as environmental groups, schools and online communities. Identify the skills they have and how they may want to grow their skills through their engagement with you.

[You can create a group through Commit2Act by scanning this QR Code:](#)



5

PLAN & GET MOVING

Now it's time to begin planning. Start with the issue you are most interested in taking action on and one goal you can work towards. Keep your objectives SMART (Specific, Measurable, Achievable, Relevant, and Time-bound). Think about how you will measure your progress, how you will know when you are halfway to your goal and how you will celebrate!

Don't be phased by the obstacles you face along the way, they are opportunities to grow and learn. You often learn more from things that are difficult than those that are easy!

4

GET CONNECTED

Get out there and tell your story. Engage with groups and individuals who may be interested in joining or supporting your efforts. Track your contacts and grow your network over time. Unlikely connections and chance conversations can sometimes be the most valuable.

Reflect

Simple Steps Towards Change

Take a moment to **REFLECT** on the world around you. Think about what you see.
What will you need to change to come closer to your vision?

Can you think of some things you would like to change or improve?

Imagine the world you would like to live in and the personal changes you may want to make:



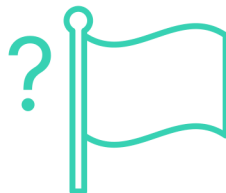
About yourself?



About your classroom?



About your community?



About your country?



About the world?



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Get Inspired

The seeds of each new idea for a project or initiative are usually rooted in a source of inspiration. Take some time to think about who and what inspires you. Do you have a mentor or a hero? What actions have they taken that you find interesting? How did their journey start?

Sometimes starting with action can help us begin a longer journey of change. Commit2Act can help by providing a menu of actions you can take each day.

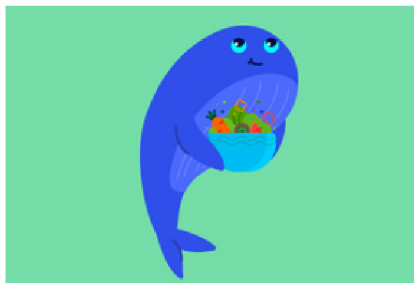
Scan the QR codes, or visit

www.app.commit2act.org/log-action to get started.



Sources of inspiration:

- Spend time outside and connect with nature
- Go for a walk or a bike ride without a specific destination,
- Let your mind wander
- Doodle or scribble
- Go to your local art gallery, museum or cultural centre
- Read stories about inspirational young people

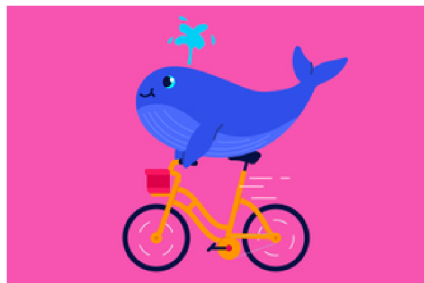


Plant Based Eating

Food is fuel! Munching on plants can be good for your health, your wallet and the planet. Think about where your food comes from, how it grew and how it travelled to you. Food can be an amazing way to create connection and community. There are always new recipes and techniques to try.



Track the impact of your plant based meals with: app.commit2act.org/log-action/plant-based-eating



Sustainable Transportation

How we get where we are going has an impact. Sustainable ways of travel like cycling, walking and public transit can help keep you fit, lower stress, provide some time to reflect, enable you to meet your neighbours and result in cleaner air. Take a hike, get on a bike and keep moving!



Get rewards for your sustainable transportation with: app.commit2act.org/log-action/sustainable-transportation



Plant a Garden or Tree

Get your hands dirty! Spending time helping nature grow is good for boosting your mood, reducing stress. You will also boost biodiversity, helping to cool your neighbourhood, and gain a sense of accomplishment as you watch the plants grow.



Show the world how your garden grows! app.commit2act.org/log-action/plant-a-garden-or-tree

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Get Informed

Develop your knowledge and expertise by getting informed about the issues that concern you. Try to locate a wide range of opinions and perspectives about these issues to gain a deep understanding of how different people engage. Learning how people on “the other sides” of an issue think and act will help you comprehend how to build diverse coalitions across traditional divisions or how to outmaneuver their reasoning in a debate.

Ask yourself

Where can I learn about the issues that concern me?

What are the common range of perceptions on this issue? Where does my perspective fit in this spectrum?

Who is most affected by this issue and why?

Who are the main stakeholders and decision makers in this issue? What do they care about?

Who benefits from action or in-action on this issue? In what ways?

How is this issue framed in the media? Who's perspective are we NOT hearing?

When has this issue become popular, when are key dates in the next 6-9 months to keep in mind?

If I had a magic wand and could instantly 'fix' this issue, what would the solution look like?

Who is a key person who has experience with this issue? If I could ask them three questions what would they be?

1. _____

2. _____

3. _____

Make a Learning plan

Aim to engage with a diverse range of perspectives to expand your understanding of an issue. Keep track of the media you consume (podcasts, videos, books, articles, documentaries) along with the questions that come up for you along the way.

It is very helpful to get a well rounded view of an issue by paying attention to media with a wide spectrum of views. Even if you disagree with the perspectives it can be helpful to understand how other people think, especially when they think differently from you!

“Go to libraries, community centers, family hubs, talk to teachers, friends, parents and utilize information from resources in any way you can to become an expert at the issue you want to address.”

~ Sarah Roberts



If you find great resources related to the Commit2Act Actions, we'd love you to send them to us at commit2act@takingitglobal.org!

International Days of Recognition

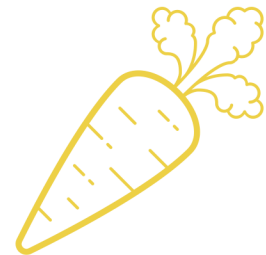
The United Nations has many internationally recognized days that you can inspire your action. Consider the following opportunities to make good things happen in your community. Click on the underlined days to find out more about each day in the list below.

January 24	<u>World Day of Education</u> Make a goal and a plan to learn more about an environmental topic that inspires or concerns you.
January 26	<u>International Day of Clean Energy</u> Commemorate this day by going for a bike ride, a contemplative walk and by washing your laundry in cold water.
February 2	<u>World Wetlands Day</u> Celebrate a wetland near you by going for a hike. Bring your re-usable water bottle, and a plant based snack.
February 10	<u>World Pulses Day</u> Try out a new recipe with legumes such as beans, lentils or peas for a delicious plant based protein feast.
March 21	<u>International Day of Forests</u> Plan out your garden for the growing season and start sprouting seeds indoors to jump start the growing season.
March 22	<u>World Water Day</u> Mark the occasion by staying hydrated with a re-usable bottle, and washing your clothes in cold water.
March 30	<u>International Day of Zero Waste</u> Avoid waste by using re-usable plastic containers, and by donating, swapping or mending clothes.
April 22	<u>International Mother Earth Day</u> Recognize the Earth that sustains us by planting a garden, preparing a plant based meal and going for a walk.
May 12	<u>International Day of Plant Health</u> Tend to your garden by removing invasive species or plant a tree & enjoy a plant based meal to celebrate.
May 22	<u>International day for Biological Diversity</u> Take time to re-examine our relationship to the natural world, spending time in nature & washing laundry in cold water
May 30	<u>International Day of Potato</u> Experiment with a new recipe for one of the 5,000 varieties of potato, or consider planting some in the garden
June 3	<u>World Bicycle Day</u> Go for a pedal powered adventure on a bike. Be sure to grab a water bottle and a plant based snack for the trip!



International Days of Recognition continued

June 5	<u>World Environment Day</u> Recognize how our environment is a shared responsibility by organizing a community clean up or event
June 8	<u>World Oceans Day</u> Safeguard ocean health by avoiding single use plastic and washing laundry on delicate to avoid garment shedding
June 17	<u>World Day to Combat Desertification and Drought</u> Plant a garden or a native tree to improve soil retention, avoid erosion and provide nutrients for other plants to grow
June 18	<u>Sustainable Gastronomy Day</u> Prepare a plant based meal with someone you care about. Sharing food is beautiful method for building connection.
July 15	<u>World Youth Skills Day</u> Think about which skills you want to develop by taking action, perhaps it is writing, creating content or photography!
July 30	<u>International Day of Friendship</u> Call someone you haven't talked to in a while and schedule a walk with them or take action together.
August 12	<u>International Youth Day</u> Honour the power of young people taking action together by recognizing and celebrating a young person you know.
September 7	<u>International Day of Clean air for Blue Skies</u> Contemplate the importance of the air we breathe : Go for a bike ride and spend some time reading under a tree.
Sept 20	<u>World Clean Up Day</u> Organize a community clean up in your neighbourhood. Be sure to upload a photo of your impact on Commit2Act
Sept 29	<u>International Day of Awareness on Food Loss and Waste</u> Fight back against food waste by preserving food in season by canning, pickling or making a jam to preserve it.
Oct 7	<u>World Habitat Day</u> Protect marine habitats by avoiding plastics and washing your laundry in cold water on the delicates cycle.
Oct 16	<u>World Food Day</u> Enjoy a plant based meal with a friend, sharing is caring!
Nov 26	<u>World Sustainable Transport Day</u> Get moving by going for a walk, bike ride or taking public transit
Dec 5	<u>World Soil day</u> Plan out your garden for the next growing season, it will be here sooner than you think and it is good to be prepared!



Guide to Action

Simple Steps Towards Change

Lead Your Project to Success

Identifying your skills and characteristics will help you lead your project with success. Start by understanding your own strengths and needs, and then consider how creating a team could help to better achieve your goals. Helping your team members identify, leverage and expand their own strengths and talents is a key element of leadership. It is also important to ensure that all those involved are able to share in the vision of what you are trying to achieve and that they benefit in multiple ways

Can you think of someone who shows strong leadership? What makes that person a good leader?

Reflect on the following leadership characteristics. Circle the characteristics that most apply to your personality and abilities and add any that you think are missing.

Able to accommodate diverse needs
Open-minded
Able to transfer skills
Fair
Patient
Able to work under pressure
Focused
Persistent
Able to initiate
Good at decision-making
Personable

Accountable
Good at listening
Responsive
Approachable
Honest
Seeks self-improvement
Charismatic
Humanitarian
Deeply committed
Compassionate
Talented

Creative
Humble
Team player
Dedicated
Imaginative
Intelligent
Understanding
Modest
Dynamic
Motivational
Visionary



“Collaborating is not always easy however, to give ourselves the best chance of achieving the win-win-win, we need to pay attention not only to projects but to be thoughtful about how we collaborate in terms of process and relationships.”

~ Joanna Pyres

Reflect

Simple Steps Towards Change

Develop a Team

Teamwork involves having a group of people who work together towards a common goal, with a shared sense of purpose.

It is important to realize that everyone in the project can lead in different ways – and each member of the team can set personal improvement goals. Have an open discussion with your team to allow each person to share some of the characteristics that they would like to develop and improve upon on both an individual and group level.

Great teams are those that allow for:

- A sense of trust and belonging
- A shared sense of ownership
- Clear roles and responsibilities
- Effective and ongoing communication
- Respect for diversity
- A sense of fun, creativity and openness
- A space for ongoing learning and growth

All team members can also fill out a chart, similar to the one below, in order to identify the ways in which each person can best contribute to the project. First discuss this in your group and then fill in the chart. You will find that each member of your team brings a unique set of skills and experiences to the table. This is good! It makes for a stronger team, and will ultimately help you to reach your project goals and objectives.

Name	Things I like to do	Words that describe me	My skills	What interests me most about this project
<i>Example</i> <i>Moustafa</i>	<i>Writing for the school newspaper, school plays</i>	<i>Hard working, creative, outgoing</i>	<i>Writing documents, presenting in front of audiences</i>	<i>Gaining practical experience</i>
<i>Example</i> <i>Vera</i>	<i>Checking out cars, playing video games</i>	<i>Competitive, athletic</i>	<i>Organizing a car wash or sports tournament to raise money</i>	<i>Having an impact on an issue that concerns me</i>

Networking increases your chances at accessing resources that can help you to achieve your project goals. Check out the following resources:

- **Volunteers, Mentors or Advisors:** people who are willing to help out by sharing their skills, knowledge and experience.
- **Organizations:** that may be able to provide technical assistance, legal support, access to office space, supplies or materials and access to workshops or skills training
- **Libraries or Community Centres:** who may provide access to meeting places
- **Funds:** people who may be willing to make a cash donation or offer suggestions about where to apply for grants, scholarships or events
- **Media:** connections to journalists who might offer to promote your efforts through the radio, in print, on television, or online through social media channels.



Guide to Action

Simple Steps Towards Change

The Importance of Networking

What is a network?

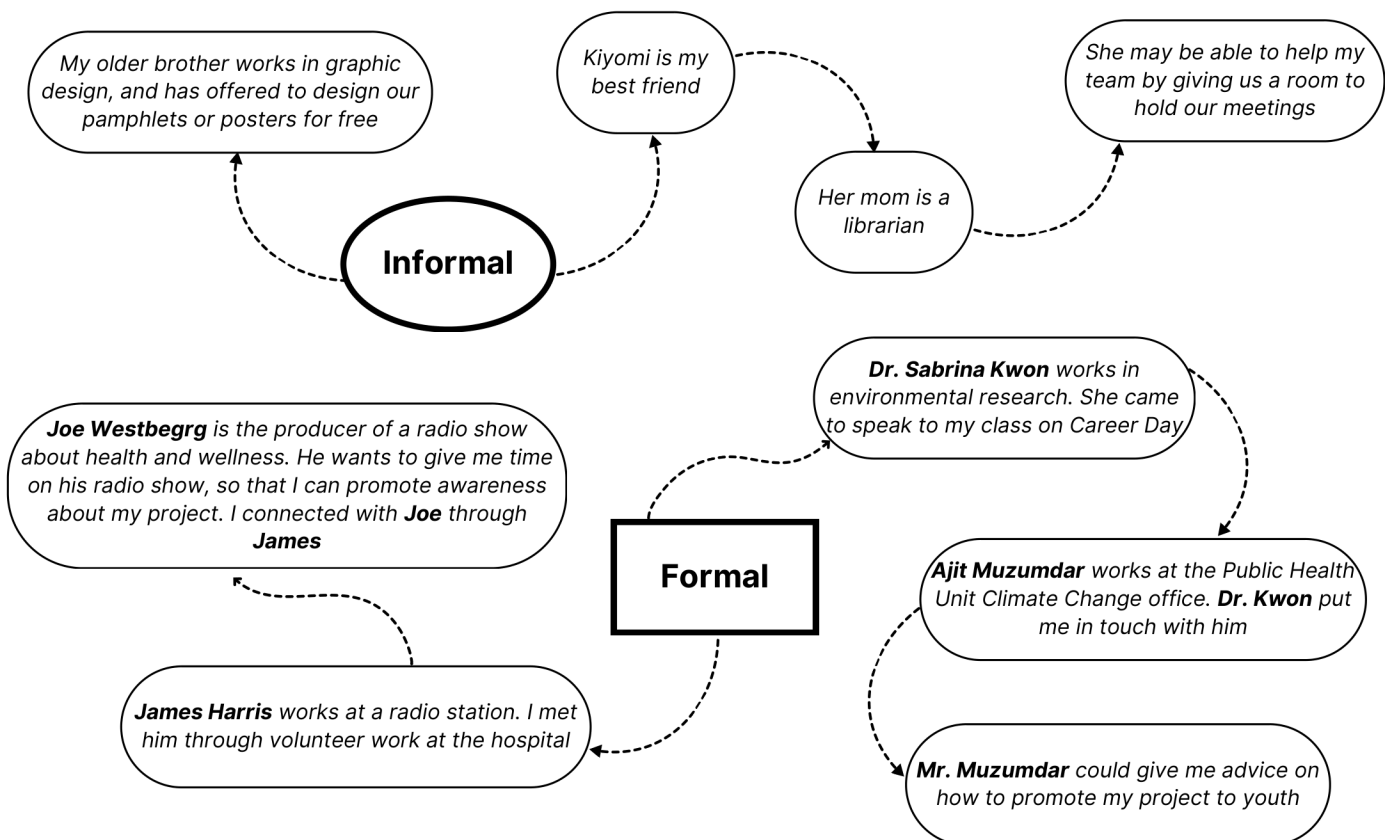
A network is a group of people or resources that can help make information and opportunities more accessible to each other.

How can this help me to take action?

Networking can give you ideas, give you access to knowledge and experience, help you gain support for your project, and finally, take the best action possible.

Identify Your Networks

There are many types of networks. Informal networks include friends and family, and more formal networks include business contacts, people you meet at conferences, or people you know through volunteer work. Check out the examples of informal and formal networks below.



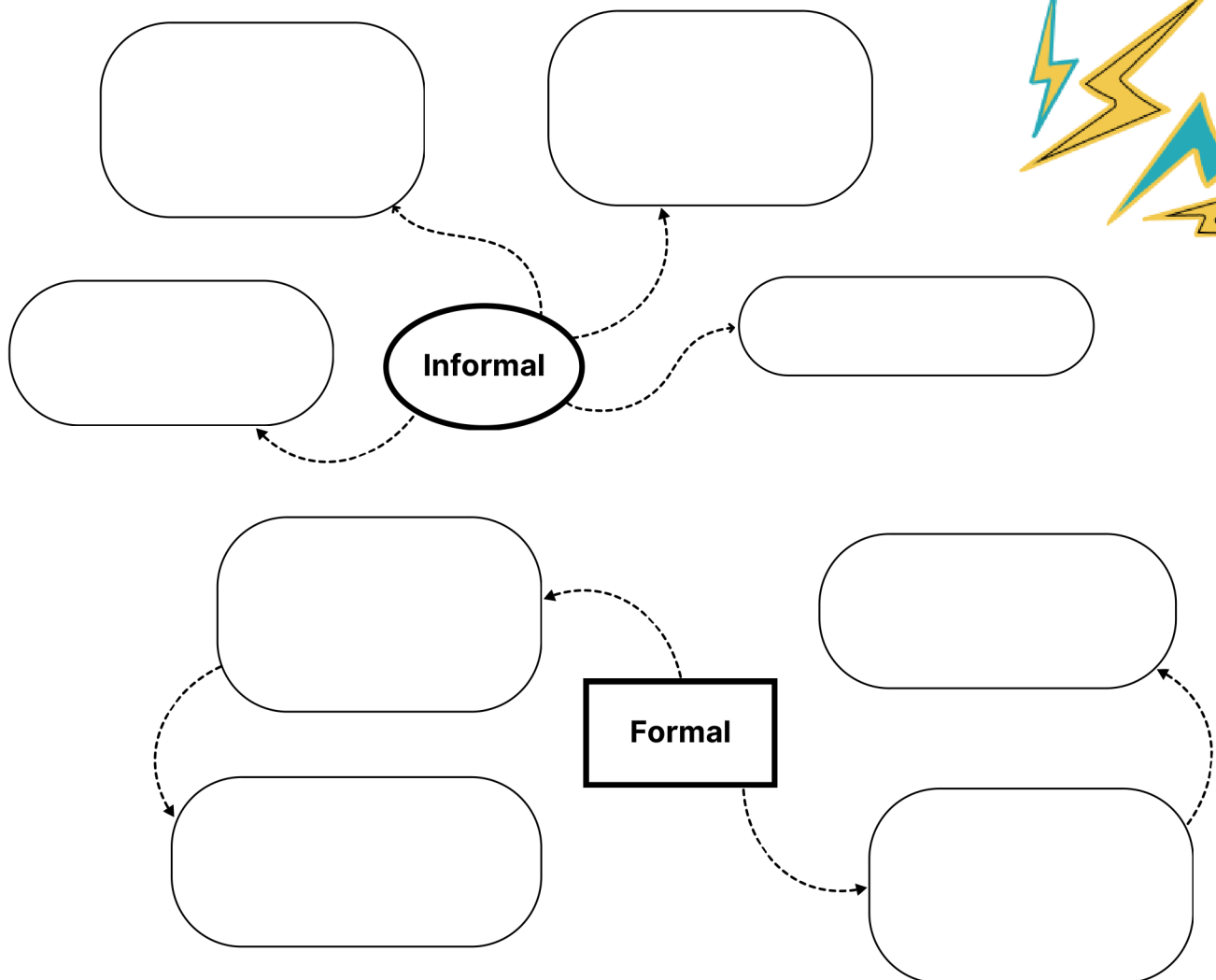
Map Your Networks

Draw a map of your formal and informal networks. As your project progresses, you will notice that your networks grow as you connect with more people.

When building your network, keeping track of contact information is essential. The following chart shows examples of potential collaborations. Use the remaining space to keep track of your own contacts.



TIP: Networking means using your contacts, so that you can exchange information, share ideas and ultimately strengthen the quality of your work. Building and maintaining your network is also a vital part of networking.



Project Ideas

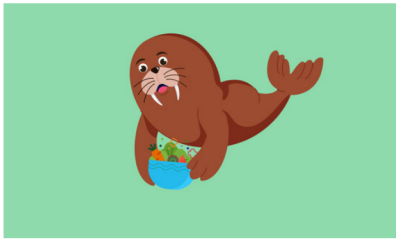
Simple Steps Towards Change

Here are some ideas for classroom projects to get you inspired!

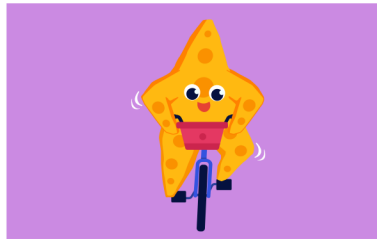
Which of the following do you and your classmates think would be the most fun?

The easiest or quickest? The most rewarding for participating students?

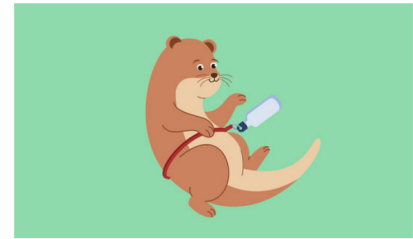
Which one would have the longest lasting in terms of impact? You can always do more than one!



- Visiting Farmers market to obtain fresh ingredients for cooking activity
- Field trip to a farm with sustainable practises
- Plant based snack making
- Learn about another culture through food
- Plant based recipe book / Nutrition workshop
- Canning, preserving, fermented foods workshop
- Plant based BBQ



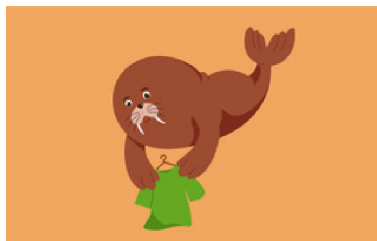
- Bike Day at school - renting bikes, teaching safety, learning about emissions
- Bike decoration workshop - integrating reflective tape
- Class trip via public transit
- Bike repair workshop - change an inner tube, replace chain
- Streetscape take-over (rent a parking space to do an installation) / car free celebration / group bike ride - safety workshop



- Buy water bottles / lunch containers for students
- Field trip to local recycling centre
- Upcycled craft project



- Learning how to compost, using compost for class garden
- Butterfly / pollinator garden
- Classroom garden
- Make your home garden activity (Indoor garden)
- Adopt a tree or adopt a park



- Clothing drive
- Thrift shopping activity learning to buy second hand
- Sowing or knitting club
- Mending workshop / supplies
- Workshop on extending clothing lifespan



- Wash in Cold Water Week!
- Learn how to make laundry detergents



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Create a SMART goal and Get Moving

By now you have identified issues of concern, you've learned more about the issues, and have recognized your skills and those of your team. You have also learned about the importance of networking and connecting with those who can help you to achieve your goals. You are ready to develop and implement an action plan using SMART goals frame work:

Specific - What will you achieve in simple language?

Measurable - What data will you use to track progress?

Achievable - Are you the right team? is it the right time? Do you have the skills and resources?

Relevant - Does the goal align with the goals of your team and your current context?

Time-Based - what is the timeline for accomplishing your objective.

Keeping in mind the issue you identified, what goal will you work towards in your action plan?

Come up with a first draft, and then review and refine your goal with your team until it resonates well for everybody. Here are some possible examples of what the process could look like:

Reduced...

- Litter
- Pollution
- Fossil Fuel Subsidies

Increased...

- Bike Lanes
- Young people taking action for our planet
- Clean Energy
- Penalties for polluting companies

Evolution of Goal

- Reduce litter in my neighbourhood bike lanes
- Implement community clean up
- Stop highschool students from dropping litter from Tims

SMART GOAL:

Reduce litter identified in monthly audit by 80% in the next 6 months by holding a clean up event and by installing posters in the neighbourhood to encourage recycling and safe disposal.

Write your SMART goal here

Now it's time to plan. How can you best use your skills and abilities? There are lots of ways to make a difference. You can work with others or alone. You can join an initiative or start one of your own.

Brainstorm 5 possible actions related to the issue you have identified, these are strategies you can deploy to achieve your goal:

Circle the ideas you would be willing to implement now, and draw a  star beside the ones you want to work on as part of your action plan!

Reflect

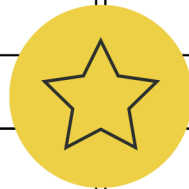
Possible Project Activities:

Process Elements:

(meeting dates, action items)

Skills Required:

Key Metrics:



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Develop Your Personal Action Plan

Everyday we make decisions that have an impact. How we treat other people, what we buy and the resources we use all have an effect. It is essential to set goals and always work towards them in order to ensure your impact is a positive one.

Every great action begins with a single step. As you begin your action planning, the best place to start is with yourself and personal actions that you can take.

Fill out the chart below.

Your chart might look similar to this:

Steps toward achieving your goal	What help is needed?	Possible obstacles	How you will know you are successful?
<i>Shut off the lights when I leave the room</i>	<i>Ask for reminders from family and friends</i>	<i>Forgetfulness and laziness</i>	<i>Money savings on the monthly electricity bill</i>
<i>Use more energy efficient light bulbs</i>	<i>Buying new light bulbs</i>	<i>Cost of new bulbs</i>	<i>Needing to buy less new bulbs in the future, lower energy costs</i>

Now that you have identified possible obstacles, how might you overcome them?



Online:

Checkout Actions that young people have tracked with Commit2Act via <https://app.commit2act.org/actions>

Helpful Hints:

- Have a check-in buddy to bounce ideas off of
- Set weekly and monthly goals
- Reward yourself for achieving your goals
- Network and connect with those with similar interests
- Be sure your objectives are realistic and measurable
- Don't give up!



Possible actions:

- Reduce your energy consumption
- Join a socially beneficial organization
- Speak up when someone tells a racist joke
- Wear a positive message on your t-shirt
- Take part in organized peace marches and protests
- Buy fair trade certified products
- Create a website for charity
- Run for student council
- Give your opinion on a radio "call in" show
- Educate your friends and get others interested
- Attend a training or conference

Reflect

Simple Steps Towards Change

Create a Group Project Plan

Hopefully, you now feel ready to develop a community action project!

Project Mission:

Going back to the issues that you have identified earlier, clarify what you want your project to achieve.

Project Activities:

What action can you take to work towards achieving the mission of your project?

Break it down:

You know your mission. Now, use the chart below to break your project down into specific activities. Completing these activities will ensure your project is a success. If your goal is to promote energy conservation, your chart might look similar to this example:

Activity	Resources	Responsibilities	Deadline
Create posters about energy conservation	Art supplies/materials (paper, paint, markers)	Kareem: write content for posters. Jessica & Kaleb: design and paint. Michael: photocopy and post	May 4, 2024

Completing this chart will help you in identifying your next steps. As you work towards implementing your project activities, go back to the various sections of this guide to support you in moving along.

Raise Awareness

It can also be helpful to get publicity and let people know about your project! Word of mouth is one of the strongest marketing tools. Be enthusiastic! Let others know how and why they should get involved!

Create Project Materials

As you begin to explain your project plans and ideas to people, you may find that people ask for further information. It is always useful to create 1-page description of your project. You may also feel the need to create a more in-depth Project Proposal. Typically, a project proposal will include sections such as:

- Background (highlight the needs being addressed)
- Mission and Objectives (what you want to achieve)
- Activities (how you will achieve your goals)
- People Involved (include a short description of you and your team members)
- Partners (you can add to this list as you find organizations willing to help)
- Timeline (mention key milestones)
- Budget/Resources (what you need in order to carry out your activities)
- Evaluation (how you will measure the success of your project)
- Key Performance Indicators (important numbers to track your impact)

If you choose to develop a project proposal, it can be shared with potential supporters of the project.

Implement

Now that you have a plan, it's time to implement it! You might encounter obstacles along the way. That's normal. Remember, with strength and perseverance you can succeed. Constantly surround yourself with positive influences and connect to helpful resources.

Here's a list of the types of challenges that other youth from around the world have encountered in developing their projects:

- Lack of previous experience and feelings of intimidation
- Lack of infrastructure to support operations (facility to meet/work)
- Team dynamics (recruiting, managing and motivating volunteers, structuring the group and decision-making, working virtually, internal politics, building trust)
- Lack of understanding from others
- Other issues receiving more attention
- Bureaucracy, paperwork
- Lack of urgency
- Language barriers (ie: translation of communications)

Problem solving

When faced with a problem, it's important to stay focused, committed, enthusiastic and determined! What challenges do you think you may encounter as you implement your project?

Think of three possible solutions.

1. _____
2. _____
3. _____

Here are a few additional tips:

- **UNDERSTAND** the problem. You may need to gather information. It also helps to articulate the problem in your own words.
- **BRAINSTORM** possible solutions. It is useful to do this in a group. There are many creative ways to come up with possible solutions.
- **CHOOSE** the best strategy from your list above and try to solve the problem. You may need to modify your plan depending on how the solution plays itself out.
- **EVALUATE** the outcome of the solution you chose. If you have the same or a similar problem in the future would you choose the same solution?



“Don't let what you're comfortable doing stop you from what you're capable of doing. Sometimes taking that leap feels terrifying, but if you are following your passion and remember your why, you can get through anything.”

~ Michelle Friesen

Reflect

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Have a Lasting Impact

Monitoring your project throughout each stage will help you to best respond to changes that occur along the way. It is helpful to set indicators or measures of success to make sure you stay on track. The more specific your “indicator,” the easier it will be to evaluate your achievements.



<i>Example:</i> Objective: Raise funds for an environmental charity Date: August 25th	Possible Indicators of Success: • The number of people who have attended your event • The number of people who said, in an evaluation form, that they learned from your project • The number of people involved with your project team members and participants • How many other projects have been inspired by your work
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Create your own list of success indicators based on your goal:

Objective	Possible Indicators of Success



Personal Growth

Taking action on an issue that you care about is no easy task. It is especially difficult to move from the idea stage to the action phase. Along the way, through all the challenges faced, one of the most rewarding parts of taking action is what can be learned along the way.

Youth that have run action projects tell us what skills they have developed by taking action:

- In-depth knowledge about an important issue
- Leadership, communication and management skills
- Teamwork and organizational skills
- How to recruit participants
- Learning to interact with people from different backgrounds
- Advocacy skills
- Determination, patience and clarity of purpose
- How to handle pressure
- How to be more confident in your ideas

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Evaluate Your Progress

Evaluation can help to improve upon the process of implementing your project, as well as the outcomes that have been achieved as a result of your project.

Taking time to reflect on what you have learned throughout each stage of your action project is an essential part of ensuring that your efforts have a lasting impact.

Consider the following questions:



Tips for Evaluation:

- Keep your evaluation simple and relevant
- Try to gain inputs from a lot of different sources. Ask your participants, your partners and your team members what they thought.
- You will probably learn that the project had unexpected outcomes, both positive and negative.
- Think about how the project has influenced and affected the participants, your community, your organization, and even yourself.
- Include details on factors that negatively impacted your project (were these truly outside your control, or were they risks that could have been avoided?).
- Spend some time highlighting recommendations for the future, so that when similar projects are launched, they are more likely to have greater impact.



“ Paired together, listening and empathizing can make the social issue feel personal, even to someone that has not experienced it themselves, hopefully allowing them to gain a more systemic perspective of a specific social issue. ”

~ Ivan Ngandjui Touko

“ We must make time and space to dream, to find our way to freedom and entertain a radical vision that will provide us with the roadmaps to build healthy and harmonious environments. ”

~ Natalie Wood

“ Cultivating creative space is both a physical and mental endeavour. There is our physical space in which we can create a supportive environment for creativity. And then there is our mind space where we can create supportive thoughts and learn to attune through creativity. ”

~ Jessi Hall

“ Creativity does not come out of a vacuum, we are inspired by the world around us and one cannot truly create new, without having a base understanding of the subjects that we hope to take on. ”

~ Patrick Shannon

Sustain Your Action

Now that you have made an impact, how can you sustain it? Each project or initiative has its own unique lifespan and has the potential to expand or emerge in new forms. Read the 5 points for sustainability and write down 3 ways you or other youth could sustain interest in taking action on the issue you chose.

Sustaining a project for a long time can be a major challenge. Even if you decide not to continue your project, think about the ways that people involved in your project can sustain their interest in taking action on the issue you looked at with your project.

Sustainability is about:



- **Positioning for momentum building:** Once you complete the initial project goals that you set out, how will your efforts build additional interest and generate involvement for continuous movement and ongoing maintenance?
- **Collaborating with other organizations:** By spreading responsibility for your project across several different groups, you're building a stronger support structure for the future. If one group discontinues their support, at least there are others who can take on more responsibility.
- **Building strong alliances:** Mentors can be a vital source of wisdom, financial resources, and technical expertise that is often required to take a one-time project to a more long-term venture.
- **Planning for leadership transition:** You may not always be the person in charge of your project! Leaving the right information so that a new leader can take over is essential. Put together a package of useful information for the next project leader.
- **Managing knowledge:** Keeping good records of your contacts, how you do things, and your achievements will help you to sustain the effect of your project in the future. This includes documenting learning from the process of evaluation.

What are three ways you will work towards sustaining your project?

1. _____
2. _____
3. _____