

# STOP FREAKING OUT START DOING SOMETHING



## GROUNDING

**Welcome to the SFO–STS tool.** Our hope is that this tool will help you get focused and take action. Before you get started – take three minutes to sit in silence and feel your feet on the floor and take a few deep breaths. In the spirit of grounded and intentional action we offer you these words from Rebecca Solnit’s book, *Hope in the Dark*.

*“To hope is to gamble. It’s to bet on the future, on your desires, on the possibility that an open heart and uncertainty are better than gloom and safety. To hope is dangerous, and yet it is the opposite of fear, for to live is to risk.*

*I say all this to you because hope is not like a lottery ticket you can sit on the sofa and clutch, feeling lucky. I say this because hope is an ax you break down doors with in an emergency; because hope should shove you out the door, because it will take everything you have to steer the future away from endless war, from the annihilation of the earth’s treasures and the grinding down of the poor and marginal. Hope just means another world might be possible, not promised, not guaranteed. Hope calls for action; action is impossible without hope.*

*Anything could happen, and whether we act or not has everything to do with it. Though there is no lottery ticket for the lazy and the detached, for the engaged there is a tremendous gamble for the highest stakes right now. I say this to you not because I haven’t noticed that this country has strayed close to destroying itself and everything it once stood for in pursuit of empire in the world and the eradication of democracy at home, that our civilization is close to destroying the very nature on which we depend—the oceans, the atmosphere, the uncounted species of plant and insect and bird. I say it because I have noticed: wars will break out, the planet will heat up, species will die out, but how many, how hot, and what survives depends on whether we act.”*



## VISIONARY

It can be difficult in these times of peril to ground our actions in a vision of what we say “yes” to when we are compelled at every turn to say “no!” Yet—it is critical! Take a moment to draw or write down your aspirational vision for the world. **To what do you cry, “yes!”?**

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## 1 ABUNDANTLY RESOURCED

Brainstorm a list of all of the contributions you might contribute in each of the following categories.

-  SELF CARE
-  TIME
-  SKILLS
-  MONEY
-  COMMUNITY



## 2 FOCUSED





Jot down the issues you care about and want to resource.

-  ISSUES

EXAMPLE: Cats!

## 3 BALANCED

Map your resources to the issues you care about. This isn't your plan—just a brainstorm—so go all out on what you might take action. When you're done, evaluate how you might take a balanced approach to this assignment.

-  TIME
-  SKILLS
-  MONEY
-  COMMUNITY

X Hours a week

Donate snuggling skills to a shelter

Donate \$XX to a shelter

Connect with other cat lovers in town



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PLAN



# VISION

Jot down a few key words or phrases to remind yourself you have a vision!

Blank space for writing vision keywords.



# PLAN

Write down the balanced actions you plan to take from your brainstorm on page 2.

Blank space for writing balanced actions.



# NEXT STEPS

What are the next five steps you are going to take to get active. Set specific, actionable goals with deadlines. Once you've checked these off your list, make a new list of five.

1	2	3	4	5