

Making Meaning, Getting Concrete & Moving Forward

Adapted from Adrienne Maree Brown's notes for the January 23 Working Families Party mass call:
<https://adriennemareebrown.net/2025/01/24/working-families-mass-call-jan-23-notes/>

Purpose: Use this document to develop concrete plans for action based on the insights.

Bucket 1: Accept Reality and Decide What You Will Do

- Reflection:
 - What aspects of the current reality do you need to accept?
 - How can you remain focused on your story of justice, love, and equity?
 - How can you reject elitism and American exceptionalism in your daily life?
- Action Plan:
 - What specific actions will you take to resist harmful systems?
 - How will you stay safe and healthy during uncertain times?
 - How will you support others in accepting and responding to reality?
- Notes & Next Steps:

Bucket 2: Find Others to Do It With

- Reflection:
 - Who is in your community, and how do they support you?
 - How can you strengthen local, small-scale efforts in your daily life?
 - How can you ensure community members are supporting each other rather than pulling each other down?
 - Have you researched the companies and brands you support to ensure they align with your values?
- Action Plan:
 - What specific steps will you take to build a supportive network?
 - How will you divest from harmful businesses and institutions?
 - How will you experiment with new community-building efforts and assess their effectiveness?
 - What steps will you take to ensure your economic choices reflect your values?
- Notes & Next Steps:

Bucket 3: Rearrange Your Boundaries Around Communication & Information

- Reflection:
 - What sources of information overwhelm or mislead you?
 - How can you better manage your attention and focus?
 - How can you become a reliable source of information for others?
- Action Plan:
 - What boundaries will you set regarding your media consumption?
 - How will you invest in trustworthy journalism and fact-checking sources?
 - How will you use your platforms to uplift truthful and useful information?
- Notes & Next Steps:

Bucket 4: Grounding & Ritual

- Reflection:
 - How can you acknowledge the sacredness of this moment and your emotions?
 - What grounding practices help you stay centered?
 - Who in your community needs your support and generosity?
 - How do you maintain your values and focus while at work?
- Action Plan:
 - What rituals will you implement to maintain balance and focus?
 - How can you incorporate acts of generosity and collective care into your daily life?
 - How will you remind yourself and others of the importance of connection and shared purpose?
 - How will you uphold your values in workplace interactions?
- Notes & Next Steps:

Final Commitments & Accountability

Top Three Priorities for the Next Month:

- 1.
- 2.
- 3.

People/Organizations to Collaborate With:

- 1.
- 2.
- 3.

Check-In Date & Accountability Partner:

- Date:
- Partner:

DOODLE, DRAW, FREE WRITE, CREATE