



ADVOCATES NOURISHING ADVOCATES

STEP 1 - IDENTITY

In this step, you will explore who you are and how you connect to vulnerable communities. You will choose a community you wish to advocate for and begin to investigate how your identity intersects with theirs.

*You can use flashcards, a notebook, or the notes application on your phone.
The objective is to record facts for your personal knowledge and edification.*

SELF-REFLECTION

- Who am I and what community do I want to advocate for?

_____ **advocating for** _____
Your Name *Name of Vulnerable Community*

- Exercise 1 – Your Identity**

Articulate your identity as if you were explaining it to a stranger writing an article about you. They want to know what makes you tick and how you present yourself.

- Exercise 2 – The Community**

Write about the community you plan to advocate for, and your understanding of the challenges they face. You will revisit this topic a few times over the next five weeks, as you learn more about the community. If you're writing in a notebook, you may want to create a section for the continuing exercise.

TAKE ON RESPONSIBILITY

Let's embark on a journey of memories and storytelling. As you tell your own story to the group or to friends on your own time, ask them to write down words and phrases that leave an impression on them when you are speaking. In this exercise you are working on articulation, active listening, and extemporaneous speech.

- Exercise 3 – Memories/Storytelling**

Utilize a voice recording device to record your thoughts. You can admit and share these things privately or in a group but speaking them out loud is an important part of the exercise. Answer the following questions at some point during the week and listen back to your voice recording for increased understanding of self. Note if you are interested in changing what you said previously after hearing. Note when you were unsure about a particular answer or in disagreement with something you shared.

- What do you know for sure about your upbringing as it relates to the vulnerable community you are serving? You can begin your voice recording with "I'm sure that I was..."

- What are the key moments in which you struggled in your advocacy journey, disappointed yourself or were disappointed by others? You can begin your voice recording with “*I remember the time when...*”
- What do you know about your personal capacity and historical effort to actively address injustice? You can begin your voice recording with “*Normally, I’m...*”
- Design a question of your own about your journey and pose it to yourself.

Exercise 4 – M.O.V.E

In this closing exercise take your time walking through the steps of M.O.V.E. (Motivation Opportunity Vision Entertainment)

- Motivation- What was an “aha” moment this week that propelled you further into the work?
- Opportunity - How do you actively change your weakest point of activism by changing how you dedicate your time to edifying a vulnerable community? What opportunities have you taken into your schedule?
- Vision - Spend some time imagining your strongest instance of activism. This can be a wildest dream scenario or something that’s right within your reach.
- Education/Enlightenment/Entertainment - What is your ER verb and how can you incorporate it further in your activism?

ACTION STEPS

- Listen to the audio sound track “*Freedom Completely*” (available via email and eventually on EDIFY app).
- Select a community or institution that you plan to address with your final product.
- Recruit at least one other person to engage in this work with you and invite them to the next meeting. Notify them that you will be engaging in a five week commitment (Saturdays for an hour and a half required, all other work hours are determined mutually).

STEP 2 - IMAGINATION

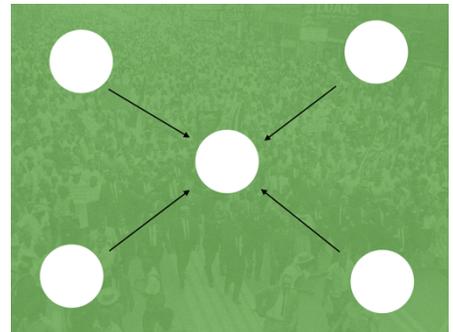
In this step, you will focus on developing further understanding of the challenges and social aggressions faced by the community you are advocating for. First, you will take an inventory of your current knowledge. Then, you will engage with questions that bridge the gap between what you know and don't know.

You can use flashcards, a notebook, or the notes application on your phone. The objective is to record facts for your personal knowledge and edification.

TAKE AN INVENTORY

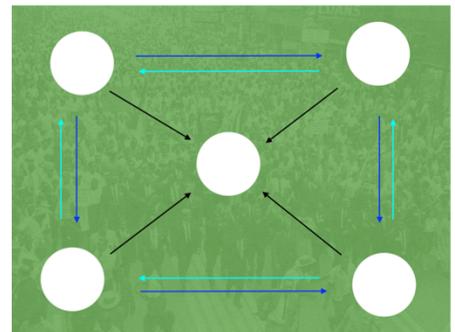
☐ Exercise 1 – Islands of Thought

1. Draw a small circle in the middle of the page. Inside of it, name the vulnerable community you are advocating for.
2. Do some brief free writing in your notes about challenges and aggressions that affect the community. This can include historical ones, whose effects are ongoing. Draw a few circles surrounding the center circle, and inside of each one, name a specific issue (e.g., “Police brutality”).



☐ Exercise 2 – Bridges of Inquiry

1. Do some brief free writing about the connections between the issues you've selected. Do they share historical roots? Do they interact?
2. Use this writing to identify connections you would like to explore further. List them on your diagram, as questions (e.g., “What organizations address the links between labor discrimination and housing inequality?”)
3. List other issues, and expand your islands and bridges as you learn more.



☐ Exercise 3 – Connecting with Others

1. Ask yourself how people within the vulnerable community feel about these issues. How have you seen them affected?
2. How would you feel in their shoes? Have you heard feelings expressed within the community that you struggle to relate to?
3. Ponder on how you might articulate those feelings to someone else.

Place your diagram on a wall in your home or workplace where you will see it daily.

TAKE ACTION

Exercise 4 – Set Reminders

Write an abundance of sticky notes (at least 10) about your intentions for your advocacy and put them around your house, so you remember to edify the vulnerable community on a consistent basis (e.g., “*I am actively engaging in ally ship...*”, “*I have engaged in a passive form of activism that I no longer find suitable for the people I love in my life*”, “*I plan to edify Black and Brown people by....*”).

Exercise 5 – Create an Environment

Make a list of changes within your environment that would make your modern-day lunch counter (workplace, college, high school, church, dinner table, social media feed, etc.) more inclusive. Take steps to create an environment that a member of your chosen vulnerable community will feel edified in.

REFLECT

Exercise 6 – M.O.V.E

In this closing exercise take your time walking through the steps of M.O.V.E. (Motivation Opportunity Vision Entertainment)

- *Motivation* — What was an “aha” moment this week that propelled you further into the work?
- *Opportunity* — What opportunities to act did you build into your schedule? Were there opportunities you missed and how can you strengthen that weak point in your activism?
- *Vision* — In your imagination, what would the strongest realization of your activism look like? This can be a wildest dream scenario or something that’s right within your reach.
- *Education/Enlightenment/Entertainment* — What is your ER verb/noun and how can you incorporate it further in your activism?

ACTION STEPS

- Listen to audio track “No Fear 1”
- Determine what literature to immerse yourself in this week.
- Explore your interest in different artistic and oratorical mediums in preparation for your presentation in week 5. Join the Meditation & Open Mic sessions on Saturdays at 7:00pm for inspiration.