

*The violets in the mountains
have broken the rocks.
Tennessee Williams*

Dear Friend—

Thank you, for taking the time to open this document.

That you found your way here tells me something about the size and capacity of your heart.

A few notes on how to use this list:

The point of [#turnthisthingaround](#) is to transform our angst, frustration, and hopelessness into small but mighty deliberate daily brave actions, so that we can continue to be fully present for our lives, loved ones, and the big work we were born to do.

This is a list of 33 *ideas*, not a list of things you *must, should or are obliged to do*.

I am daring each of us to focus on raising our collective vibration and leveling up our own personal bravery and commitment—without using the patriarchal operating principles of shame, competition, judgment, over-exertion, perfectionism, and guilt.

We cannot let the negative energy of the Trump Agenda toxify our hope.

I recommend that you take 5 minutes to read through the ideas and follow your intuition as to what specific actions (from the list or from your imagination) feel courageous and creative for you. Do not second guess her; defy the Patriarchal disease of scarcity and allow what you choose to do to be *perfect* and *enough*.

You most likely have heard many of these ideas before, but the question I am calling on each of us to ask is—have you carved out 15 minutes each day or several hours a week to actually *do* them? *Not once, but consistently until November 6th and beyond?*

Please note that I do not work for any of the below people or organizations, nor do I receive anything other than hope by sharing them with you. This is by no means an exhaustive list, but I have been repeatedly asked if I have a list of small and simple things that people can do, and I have attempted here—*albeit imperfectly*—to honor this request.

I understand that part of the overwhelm comes from decision fatigue in the research process, and feeling inundated by all of the different voices and organizations. My goal is to make taking

action accessible and inviting! To that end, I have attempted to link my top resources in one place to save you the overwhelm, and, hopefully, give you a more direct path to action.

Our intention is to take the stuck frustration that compounds when we passively scroll through the news or Facebook, and channel it into at least one small but mighty deliberate daily act—then go live our magnificent lives and do what makes us come alive.

These actions are focused primarily on the November 6th election. After the election, I aim to update this and add additional resources to help us continue in our collective rising toward a just, humane, and equal world.

You'll notice that I will consistently dare you to share and post about what action you take. If you have any worries about whether people will find this annoying—today is a *wonderful* day to begin to *let go* of any fears about being annoying when you share things you care about. There is always at least one person listening to, watching, and modeling themselves after your actions. We can let social media be a place where we repeatedly trigger each other's anger and hurt or where we lift each other up and inspire others to rise up with integrity—I propose the latter.

If you would like to share any additional resources or ideas, I would love to hear them—please email us at hello@lizkimball.com so we can include them in an updated version. Please also feel free to email with any other questions and I will do my best to get you answers.

If someone passed this along to you—find me on [Instagram](#) and say hi. We would love to have you join this community effort and you can start anytime.

What matters is that we do what we can, with what we have, from where we are—*with as much joy as we can muster*—to turn this thing around.

Blurry eyes. Full hearts. Can't lose.

I believe in us.

LOVE,
LK

ps // [Enjoy this #turnthisthingaround playlist while you read ;\)](#)

33 BRAVE & CREATIVE ACTION IDEAS TO TURN THIS THING AROUND

1. Ask yourself, *What do I stand for? What am I voting for?* Spend a moment writing and reflecting on your response to this question. The incessant noise of the 24 hour news cycle can cause us to lose connection with the sound of our heart. From whatever came up for you in your response, choose 4-7 areas that you care about most, and that you will commit to specifically supporting. All of the issues at hand can feel pressing right now, but generally caring for and trying to help every single one diffuses and renders our energy less effective. Answering this question will help you align with your personal power to affect change, as well as with candidates and causes you most want to support.

DARE :: *Write down your 2-5 areas of focus as a reminder of your commitment. Say a prayer if you feel adventurous.*

2. Ask yourself, *How will I take care of myself?* Write down 5-7 gentle and nurturing acts of self-care that will nourish you and sustain you to warrior on. Sacrificing our bodies on the altar of any project or cause is a patriarchal pattern that is not serving anyone. Committing to our own well-being is strategic and revolutionary, not selfish—as activist and writer Audre Lorde writes—*caring for myself is an act of political warfare.*

3. Spend 10-20 minutes researching candidates and choose your top 1-3. Focus on your particular voting area as well as **swing states** and districts. *Choose 1-3 in close elections whose work you will commit to specifically supporting.* This is hard for those of us who want to support everyone, and it can feel risky to put all of our activism eggs in one basket, but, again, generally supporting and being informed about all the candidates is much less effective than choosing a few in swing areas whom you will actively support. *Write them down somewhere where you can see them to help align and focus your energy toward actively fighting for their success.*

4. Once you have chosen your candidate(s), sign-up to join the campaign, contact the volunteer coordinator, and identify specific and meaningful ways you will support:

- Door-to-door canvassing (*Meaningful face-to-face contact and conversation with voters is considered by experts to be the most effective form of gaining support for a candidate. If you have limited time, plan to canvas between Saturday Nov3rd-Tuesday Nov. 6th, which have been proven to be the most effective days to have conversations with voters*).
- Phone-banking or texting if you live in a different area
- Attending fundraisers
- Donating \$\$\$\$
- Offering your special skills // If you are a baker—offer to make cupcakes for the team. If you are a lawyer—see if they need extra legal help. Own some tools? Offer to help mount larger, heavier signs.
- Follow the campaign on social media, engage with, comment on and repost their posts.
- To understand the efficacy of the above, [read this practical guide for winning elections from Indivisible.](#)

DARE :: Tell someone or post on social media about your commitment. Sharing your commitment with others will help you stay accountable when you feel overwhelmed.

5. Become obsessed with creating election day plans for you and everyone you love:

- Decide where you will be voting. If you think, for any reason whatsoever, that you might have trouble when you go to the polls, research the rules and come up with a back-up plan. Put everything on your calendar
- Vote early if you can!
- If you live in a state with ID requirements, bring more than one option with you.
- If you are turned away at the polls, I am told the best response is: *Give me a provisional ballot with a receipt as required by law.* Pass it on.
- Decide if you will be able to take the day off to volunteer to help canvas for one of your candidates and bring people to the polls.
- Pledge that you will vote at [iwillvote.com](#), and then share on social media.
- [Rockthevote.org](#) has great resources about all aspects of voting—including specific rights in each state, and how to plan for voting day.
- To see the candidates in your area and plan your ballot, check out [vote411.org](#).

DARE :: Once you've made your plan, check-in with 3 people in your community who you think may encounter any kind of obstacles around the voting process and help them do the same thing. **Remind them that LYFT and UBER are offering free rides to the polls on election day.** Then invite them to

call 3 of THEIR friends. The [VOTE WITH ME APP](#) helps you find friends in swing states who need your reminder to vote.

[Click HERE](#) for a folder compiled by [Sarah Sophie Flicker](#) of beautiful art and graphics to create posts to inspire people to vote. (Please make sure to tag artists!)

6. There are a plethora of organizations offering specific ways to support candidates in your area and help flip elections blue in general. There is no need to sign-up for all of them, because we want to galvanize your time toward *action*, not reading emails. **Choose ONE or TWO organizations that you can follow and turn to for well-researched action.**

[The Crush the Midterms App](#) is the simplest app I have seen so far to help you develop and personalize an action plan. It's a great place to start.

Here are more:

- [Indivisible.org](#) (comprehensive resistance resources including finding local canvassing events)
- [swingleft.org](#) (focused specifically on flipping the HOUSE)
- [Lastweekend.org](#) (a faction of Swing Left helping directly connect you to schedule ways to canvas on the last weekend before the election)
- [emilyslist.org](#) (focused specifically on electing pro-choice WOMEN)
- [Gunsensevoter.org](#) (focused specifically on electing pro gun-sense candidates)
- [Realjusticepac.org](#) (focused on electing reform-minded prosecutors at the county and state level)
- [KnockforNine.com](#) (For NYers // amazing initiative to make canvassing for swing districts for the last few weekends before elections EASY. Go to the website and pick a date and they take care of the rest!)
- [Sameside.com](#) (Nation-wide service focused on helping you find *fun* activism opportunities)
- [Nextgenamerica.org](#) (focused specifically on turning out young voters)

Time-saving suggestion // Once you sign-up for any of these organizations, they will most likely start sending you daily emails. Reading and filtering these take up energy you could be using for brave action. You can unsubscribe (but still support the org.!) or [set a gmail filter](#) to have them skip your inbox and get filed directly into a folder.

7. **Make a piece of resistance art.** Share it with everyone. Art spreads messages, builds community, and provides hope and/or catharsis. (Maybe it will even go viral like my awesome

friend [Lynzy Lab Stewart's song "A Scary Time"](#)). If inspired, send a link of your art to [Blue Wave Goddesses](#), so it can be shared with more people.

8. Share your art. *Even if it has nothing to do with the resistance.* Art breathes life into us and we never know how it might impact someone. Sharing something you made might be the gift of hope that one person needs that day. Your art = air for another person.

9. Phone bank or send texts. Again, you can do this for one of the specific candidates you are supporting, or you can do it through an organization supporting specific campaigns. My favorite resources for the latter are:

- [Resistancelabs.com](#) (complete a brief training to be able to text voters from your home)
- [Openprogress.com](#) (complete a few steps to join a texting channel on Slack, and text voters from your home)
- [flippable.org](#)
- [Swingleft.org](#) (focused specifically on flipping the HOUSE)
- [Sisterdistrict.com](#) (focused specifically on state elections)

DARE :: *Once you've chosen your organization, host a texting party for friends and family.*

10. Write Letters or Postcards. Studies have shown that handwritten postcards are effective in galvanizing voters. You can write postcards for a particular candidate, or use one of the organizations that gives you targeted candidates to contact. However, the last few weeks before the election, you will want to switch to phone banking and texting. My favorite resources for postcard writing are:

- [Postcardstovoters.org](#) (write postcards from your home!)
- [Sisterdistrict.com](#) (focused specifically on state elections)
- [Votefwd.org](#) (write letters from your home!)

11. Choose one of the issues you care most about (from question #1 above) and spend 30 minutes learning more about what you don't yet know and more ways you can help.

12. Send an unexpected gift // donation over venmo or Patreon to a progressive artist, activist, or leader doing work that has been encouraging and helpful to you.

13. Sign up for the [Americans of Conscience Checklist](#)—a weekly newsletter with well-researched actions that support unity and rights for all Americans. (They take special care to refrain from smears, name-calling, and doomsday rhetoric)

14. Call your senators and reps about the issues you care most about. If you don't yet know their names and numbers, [go here for your representatives](#) and [here for your senators](#), and then enter their info in your phone so you always have it. (I have mine on speed dial so I can call them like I called my boyfriend in the 5th grade. *Every. Damn. Day. Sometimes. Twice*). [Here's a Refinery29 article that breaks it down](#), or you can sign-up for [5calls.org](#) and they will give you a script. I know we've heard this one a lot, but my understanding is still that reps *do* pay attention to the number of calls that they receive, and it is a useful (and easily accessible) tool for resistance.

Time-saving suggestion // Call reps while you are painting your toenails, on breaks between meetings or walking to Starbucks for your first or second or third cup of coffee.

15. Make a gratitude list and reach out to at least one of the people on the list to deliver your gratitude in real time. *Kindness and gratitude = medicine to keep us going.*

16. Find every opportunity you can to lift up & amplify the work of POC, Women, members of the LGBTQ and disability communities by championing them and sharing their work with your networks. Like, engage, and share appreciation on social media instead of just scrolling through their posts.

17. Commit to 20 minutes of research around institutionalized racism, sexism, or discrimination on the basis of sexual orientation. (I am working on a comprehensive list of introductory books and articles to share after the election—in the meantime, if you would like to share a resource with us, please do!)

18. Initiate a conversation with someone who shares an identity with you (If you are a white person, find another white person, if you are a man, find another man) and engage with them about what you learned and what came up for you as you did this research.

19. Buy a [Believe Women or Believe Survivors shirt](#) and post a photo and a link on social media.

20. Pray. Light sage. **Do every woo-woo and spiritual practice you are inspired to do.** Create an altar. Call in your spiritual guides and allies. Ring an actual bell for freedom every morning.

Ask the universe for assistance in manifesting your visions and say out loud the full names of the people you are supporting and helping to elect in your prayers.

DARE :: Write a thank-you note to the universe in advance for your vision being manifested.

21. Make a video endorsement of one of the candidates you are supporting and post it on your social networks.

22. Host a pop-up benefit for a candidate or a cause and call on artists in your network to participate. Don't worry about making it sleek or perfect—earnest enthusiasm will carry you!—and invite everyone you know.

23. Donate a next-level-for-you sum of money to your favorite candidate. (See #6 above for sites to help you find candidates to support) Or, donate to **GIVE SMART** and have your donation divided across 8 significant state legislature elections.

24. Join the #blackfridays movement. Wear black and commit to resistance in support of women's equality on Fridays until November 23rd.

25. Watch Robert Reich's 6 Reasons for Hope in Trump Times and then take one brave action in support of what he shares.

26. Follow, comment on, support, and engage with the work of social justice activists on social media. *By no means* is this an exhaustive or comprehensive list, but in addition to all of the organizations above, here are some of the people and organizations I follow, as a starting point:

- Brittany Packett— [@mspackyetti](#)
- Linda Sarsour—[@lsarsour](#)
- Shaun King—[@shaunking](#)
- Sarah Eagle Heart—[@ms_eagleheart](#)
- Latina Rebels—[@latinarebels](#)
- Glennon Doyle—[@glennondoyle](#)
- Raquel Willis—[@raquel_willis](#)
- Asian Law Caucus—[@aaajalc](#)
- 5050by2020—[@5050by2020](#)
- National Women's Law Center—[@nationalwomenslawcenter](#)
- Southern Poverty Law Center—[@splcenter](#)

27. Make a list of 7 big dreams. Make one for the country and one for you. I realize this can feel *audacious* given the daily urgency and emergencies at hand, but in the chaos of attempting to put out fires, we can become obliterated with what we *don't* want, and as a result lose sight of personal and collective vision. Part of how we will turn this thing around is by having the courage to make our dreaming more expansive, inclusive, and visible.

DARES :: *Share your dreams on social media or with a few people you love and trust. And // or — make a dance, poem, song, painting, or collage about them.*

28. Check out Townhallproject.com and find and attend a town hall in your area.

29. Host a political dance party and dance to [this #turnthisthingaround playlist](#) on breaks between phone banking. Or have a dance contest and raise some \$\$\$\$ for your favorite candidate.

30. Do not—under any circumstances—give up on your own work and dreams. Letting the inhumane leadership of our current situation prevent us from doing the big and beautiful work we are each here to do in this world is letting them WIN. Reclaiming our all-access pass to our own magnificence is an act of resistance. Keep going.

The BEST Time Management hack I know for turbulent times and always // Cut out doubt, obsessive over-thinking, giving all the f*cks about what everyone and their mother thinks about you, and perfectionism. Most of those mental tapes come from The Patriarchy, advertising, the Tiny Terrorists inside of our heads, and our conditioning—*They are not actually you!* Commit to making ***done is better than good*** your mantra until at least after the election and ideally for the rest of your life.

31. Choose one idea from this list (or an inspired action from your own imagination) schedule it in your calendar, and *take it as seriously as you would a Beyonce concert or a mountain bike competition or whatever essential events you 100% show up for.*

32. Then share about what you did on Social Media, using the hashtag [#turnthisthingaround](#) — and please tag me [@lizkimball](#) so I can amplify you and your work!

33. Then invite three or 300 or 3000 friends to do the same.

It is not about the leader; the power of democracy is in us.
Michelle Obama



Photo from the Colors of Women Hand Mandala Project by the [Luminous Tina Gutierrez Arts Photography.](#)