



30-Day Democracy Action Plan



Week 1 — Learn + Pick a Focus

- ☐ Research democracy issues (voting, gerrymandering, campaign finance, etc.)
 - ☐ Pick one cause or organization to support
 - ☐ Follow 3–5 pro-democracy accounts for updates
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Week 2 — Small but Mighty Actions

- ☐ Register 1 new voter
 - ☐ Contact 1 elected official about a democracy issue
 - ☐ Share 1 democracy-related article or post
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Week 3 — Level Up

- ☐ Attend 1 event (town hall, workshop, meeting, etc.)
 - ☐ Volunteer 1–2 hours for your cause
 - ☐ Invite 1–2 friends to join you
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Week 4 — Build Your Future Impact

- ☐ Set a long-term democracy goal (monthly volunteering, club, writing, etc.)
- ☐ Celebrate your progress 🎉
- ☐ Make a simple plan to stay active