

GROW RESILIENCE



CREATE GARDENS for yourself and others

Forage, preserve, ferment

Regenerate soil, restore climate, revitalize communities

Support pollinator habitats in the wild and through plantings

TRANSFORM WASTE into compost; make GARDENS not garbage

Encourage your community to do the same

Cook simply and teach others, especially young people

Use less. Reuse. Repair. Turn more to renewable energy

Share skills and tools among neighbors. Barter. Shop worker-owned and co-ops

KNOW the source of your food, energy, water and the path of your waste

CHANGE something you do to reduce your impact on lives and lands

... BE RESILIENT ...

Touch or listen to a part of the natural world each day — soil, rock, plant, water, wind

Pay Attention to the Stars

Gather and share skills for self-care and health care

Pause several times throughout each day as mini meditations

Listen more completely to your ancestors and guides

BREATHE .. Commit to a movement, artistic, or meditative practice

Make and share art and creativity. Amplify this energy over excess technology

CREATE AN ALTAR: add that which inspires

love, compassion, reverence

... CULTIVATE ...

Revolution



IDENTIFY VALUES and QUALITIES that you appreciate
infuse your actions with these

BECOME PRACTICED in uprooting racism and other forms of oppression

LEARN WHEN TO ACT, WHEN TO ALLY. Reparations for the past, to heal the future

Serve or give to grassroots groups

Resist violence, and power that corrupts. Emancipate and liberate

Decolonize mind, actions, and social movements. Question assumptions

Gather with others in communities and nature

Unite people in joy, ceremony, and beauty

Recognize your sphere of influence. Do your part well, support others in theirs

Seek and honor mentors • Be one to others

Carry on with love

Inhale courage and gratitude

Exhale courage and gratitude

