



How Do You Try to Effect Change?

1. Check the boxes below- that apply to *your* experience of making change:

- I only attempt to change things I have the power to control
- I persuade others to my point of view
- I try to get others to help
- I try to influence those who have the power to make change
- I research the topic
- I figure out the best solution
- I make a plan and follow it
- I just try something and see if it works
- I try a bunch of things until one of them works
- I give up fairly quickly if my solution isn't working

2. Now, think of a time when you tried to make a change. It can be an example from your own life or a time when you tried to effect change on a larger social or environmental issue. You can add your answers to the questions below in this document or write your answers on a piece of paper.

- Did you actually use the strategies that you checked above? If not, what strategies did you use?
- How did they work?
 - More specifically, which ones worked better than others?

- Which didn't work very well at all?
- Did things turn out as you planned?
 - If not, why didn't they go according to plan?
 - Did developments you hadn't planned on make things harder or easier, worse or better?