



Putting Gentle Action into Practice in your Personal Life

Use the gentle action checklist to help craft a plan for personal wholeness and wellbeing. After engaging in a process of creative suspension and building a comprehensive understanding of the interrelated aspects of your personal life, briefly outline your plan, then fill out the following checklist.

Aspects of GA	How does your plan incorporate this aspect?
<i>"Be the change"</i>	
<i>Change from within</i>	
<i>Creative suspension</i>	
<i>Sensitivity to system type</i>	
<i>Works with what's already there</i>	
<i>Small, collaborative actions</i>	
<i>Multi-level actions</i>	
<i>Iterative actions</i>	
<i>Highly coordinated actions</i>	
<i>Flexibility and improvisation</i>	