**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.

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