



## ***Putting Gentle Action into Practice in the Social Realm***

*Use the gentle action checklist to help craft a plan for social wholeness and wellbeing. After engaging in a process of creative suspension and collaborative building of a comprehensive understanding of the interrelated aspects of a social system you wish to improve, briefly outline your plan, then fill out the following checklist.*

<b>Aspects of GA</b>	<b>How does your plan incorporate this aspect?</b>
<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>	