



Commit to Your Vision: Why Am I a Changemaker?

Note: [Click here to submit your work anonymously](#) for your mentors to read. This will help us improve our program for future students and track your volunteer hours, which will be added to your certificate at the end of the program.

Purpose:

Connect to the “why” of your changemaking and commit to your vision as you step forward into transforming yourself and the world around you.

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1. Introduction

In the previous activities, you connected to, expressed and began to visualize your vision for a transformed world and a transformed self. You have begun to become clear on that vision of where you are going and what your energy in the world is working towards. You have created momentum toward those dreams becoming reality. In this activity, you will be taking that vision and moving toward a commitment to it, going from ideas to action, and considering “why” you care about making change in the world.

As discussed in previous guides, clear intentions move and affect energy, and this movement of energy can lead to change in the physical world. The next piece is to express those intentions as more than ideas and dreams, but as actions. Can you remember a time when you really wanted to do something and became fully engaged or driven toward accomplishing it? At some point, it likely stopped being something you wished to do, and became something you were doing. Hoping for and wishing are different from action and doing.

“Do or do not. There is no try” - Yoda, Star Wars, The Empire Strikes Back

This piece of wisdom highlights that in life, we are either actively working toward something, even if we’re failing, or not working toward it at all. Either we are not actually putting energy toward the goal, or it remains a wish we may eventually act on. In our bodies, a positive DO statement gives us energy and often feels different than a TRY or NOT DOING statement. When we are *doing* things aligned with our values and goals, we are actively directing our energy into action in the world. When our actions align with an intention, those actions become purposeful rather than aimless and we access a deeper connection to our lives. When the language we use is that we are *trying* or *hoping to eventually try*, we give ourselves permission to either act with less energy (if I fail it's OK because I'm only trying) or to not act at all (“I’ll try someday, just not right now”). If we do not align our actions with our intention to walk towards our goals, they may remain unachieved because our intention is not directed toward realizing that potential.

Aligning our actions with our intentions can happen simply by changing our language. Notice if you are frequently using phrases like “I’m trying to...” and “I’m hoping to eventually...” Often, we use those phrases to avoid taking full

responsibility for our reality, because what we hope to do is scary or triggers a fear we have related to going for it.

The statement “I really want to do something to stop climate change” is much different and less powerful than “I am doing something about climate change.” Similarly, “I’m hoping to start building an exercise routine to improve my health,” is different from, “I am building an exercise routine to improve my health.” Using a statement like “I am doing,” suggests you are aligning your actions with your values or desires, whereas “trying” or “hope to” doesn’t require you to be actively doing it, because the way you’ve framed it makes it OK to not be. Becoming who we want and achieving our desires requires us to align our desires/intentions, with our action. When we do so, we feel more energy to succeed, are actively moving toward our goal and feel more purpose in life.

This is also a practice of positive mindset and letting go of fear. We may be framing our desires as “trying” to protect us from our own fear of failing, if we hold a fear of feeling we’ve failed or if we believe failure says something negative about who we are. This is different from being self-compassionate for having done your best after you do not succeed because you are accepting the past outcome rather than expecting a future outcome that hasn’t happened yet. When we use language like “try” or “hope to” or “someday” when talking about our future, we may be framing it that way to preemptively protect ourselves from a deeper fear of failure, but that fear is rooted in expecting something could go wrong that hasn’t happened yet. As a result, our mind and action becomes oriented more toward the outcome of failure rather than the outcome of success. If our mind is expecting and avoiding failure, it is fixated on a negative outcome we do not want, rather than the positive outcome we do want. If we orient our frame of mind to be working toward success, we will be more likely to succeed. Lastly, you can change how you embrace failure by choosing to let go of any fears you hold around it. Embrace that uncertainty, failure and learning are part of the process and that you are owning that process for yourself, regardless of the outcome.

Write out a statement of something you wish to do or accomplish that feels overwhelming, scary or uncertain. Say it aloud to yourself E.g. “Someday I hope to...”

Now, rewrite that statement as a positive “doing” statement. Say it aloud too. E.g. “I am working toward..” or “I am..”

Do you notice a difference in how you feel when you say each version? Humans emit frequency and vibration from our bodies at every moment, and those frequencies change based on our emotion or if we are speaking our truth or not. The closer to truth, or a positive emotion like gratitude or love, the higher the vibration (Freshwater, 2017). “Doing,” requires you to be acting toward the outcome and if you aren’t acting you can’t feel truthful. “Hoping to” allows us to feel truthful even if we aren’t acting toward what we want, so it excuses us for not doing something to achieve it. That’s where we get stuck and limit ourselves from attaining our goals by putting off actively moving toward what we want.

This activity will help you practice aligning your intentions with your actions in a way that will orient your mind toward success and a sense of purpose. Doing this will give you more energy, create more potential, increase your ability to succeed and help you practice focusing on potential success, rather than potential failure.

2. Practice

In this exercise, you will articulate why you are committed to being a changemaker in the world, of yourself, then write a clear positive “doing” statement. Lastly, you will consider how you will carry yourself, what you wish to embody as you navigate the work.

Set aside at least 30 minutes for this exercise. You will find greater clarity and connection if you take your time to go deep. Follow the instructions below as your guide:

In your journal or a place you like to write, answer this question for yourself in a short way.

Part 1: Why You are Committed to Changemaking in the World.

1. **Why am I committed to changemaking in the world?** Start by writing, “I am committed to changemaking in the world because...” As you answer, pull in some of your responses from the exercises you did previously -- “Connecting

to What I Love,” “Imagine a Transformed World” and “Imagine a Transformed Self.” For example you may be committed to change in the world to protect the things you love or work towards your vision of a better future. If at this stage, you can write a sentence or two that summarizes your “why” clearly, this will help you at step 3.

2. **What do we have to lose, if we don’t act?** What is lost if we do not act to change the state of our planet? Write a simple bullet point form list or a paragraph.
3. **What will you do to act?** Write three clear intention statements expressing what you will do, based on your reason for wanting to change the world. Use active, positive, “doing” language and avoid phrases like “I will try”. Examples:
 - a. *I am becoming someone who can build a community capable of creating solutions to our climate crisis, to protect our natural world for my family and future generations.*
 - b. *I am working toward a world where all people have access to a healthy life, a healthy earth and humanity can reach its highest potential without violence and inequality*
 - c. *I am working toward the healing of our world by creating local solutions to climate change and am learning to live my most authentic self so I can better understand how to help others heal and access their best life.*

Part 2: Why You are Committed to Change in Yourself.

4. **Why am I committed to change in myself?:** Start by writing, “I am committed to my own inner transformation and development because...” As you answer, pull in some of your responses from the exercises you did previously -- “Connecting to What I Love,” “Imagine a Transformed World” and “Imagine a Transformed Self.” Why are you committed to change in yourself, if it means a better life and a better world? If at this stage, you can write a sentence or two that summarizes your “why” clearly, this will help you at step 3.
5. Next, answer: **What do I have to lose, if I don’t act?** Think about the potential for your best life that could be lost, if you do not embrace your own self-development and the potential gained if you do. Write a simple bullet point form list, or paragraph.

6. **Write three clear intention statements expressing what you will do, based on your reason for wanting to change the world.** Use active, positive, “doing” language and avoid phrases like “I will try”. Examples:
 - a. *I will practice building a strong personal relationship with the natural world and become a model to inspire others to do the same.*
 - b. *I intend to learn how to take collective action with others, to do my part in building a community of people committed to protecting the climate.*
 - c. *I will build habits to improve sustainability in my personal life and share those skills with people in my life.*
7. **Write 3 clear intention statements that communicate why you are committed to your own self-development** (using the above). Use active, positive, “doing” language and avoid phrases like “I will try”. (You may write more than 3 to find a few versions that feel the best to say or read. Examples:
 - a. *I am working towards living my most loving, authentic and intentional self so I can live my best life and others around me can see they can too.*
 - b. *I am embracing my own self development, to become the best version of myself so I can be of greatest service to myself, others and the Earth as a whole, as I work towards changemaking with others in the world.*
 - c. *I am working on living compassionately with myself as I embrace my life as a profound opportunity to learn, to act and to help myself and the world as a whole reach our greatest potential.*

Part 3: What Will You Embody.

Now that you've become clear on our commitment, it is important we set intention around the qualities you will embody as we do this work. This will help you go about your learning, transformation and work in ways that are most empowering and energizing for you and our team. In your journal, write the prompt below before answering.

1. **“As I work with my team, the way I will show up in our work together is...”** For example:
 - *I will do my best to work peacefully and collaboratively.*
 - *I will show up in my most truthful voice.*

- *I will do my best to inspire others around me with my creative ideas and compassion.*

2. **“As I work with myself I will...”** For example:

- *I will be loving with myself, even if I feel I am failing.*
- *I will have the courage to go deep in my own transformation, even when it gets uncomfortable.*
- *I will approach challenges I face as an opportunity to learn and grow.*

Great job!! The work you just did above will give you positive intention and create movement toward what you want for yourself and the world. You have now chosen a vision, a commitment to action and an intention for how you will show up in the world as you do this work. These choices are already working to give you more energy and direction.

Before moving on, you may find it helpful to either highlight, or rewrite your statements of intention (letter c of parts 1 and 2) and your short embodiment statements from part 3, so you can revisit them easily. You might choose to pin these statements to your wall, keep them in your phone or on a piece of paper you can revisit during the day. The more you can remind yourself of your intention, your “why” and your commitment, the easier the work will become, the better it will feel without effort and the more energy you will create in yourself and in the world for creating the change you want. You may find over time that your daily clarity increases, you feel more purpose, you begin acting and thinking more intentionally and more opportunities will begin to present themselves to you in life.

3. References

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