

DESIGN YOUR OWN NEXT STEP!

A film can leave you with a question, a feeling, a new idea, or a determination to do something.

Action can take many forms: changing a habit, making something, joining a community project, supporting a campaign, speaking up or beginning a conversation.

Use this planner to turn what moved you into one meaningful and realistic next step.

START WITH WHAT MATTERS

What do you care about?

- ☐ Nature & Wildlife
- ☐ Oceans & Coasts
- ☐ Food & Farming
- ☐ Homes & Energy

- ☐ Transport & Travel
- ☐ Waste & Plastic
- ☐ People & Justice
- ☐ Art & Creativity

- ☐ Community & Place
- ☐ Something else:

IMAGINE THE CHANGE

Try to describe it in one clear sentence

I would like to see -----

Who, or what, would benefit if this happened? -----

WHAT STAYED WITH YOU?

What moved, surprised,
challenged or inspired you?

What would you like to protect,
change, begin or share?

FIND PEOPLE TO ACT WITH

People I could speak to:

Groups or organisations I could
explore:

Someone I could invite to join me:

WHERE COULD CHANGE BEGIN?

- ☐ In my everyday life
- ☐ With friends or family
- ☐ At school or work
- ☐ In my neighbourhood
- ☐ Through a local organisation
- ☐ Through art or storytelling
- ☐ With a campaign or community project
- ☐ By contacting a councillor, MSP or MP
- ☐ Somewhere else: -----

CHOOSE YOUR APPROACH

What kind of action feels possible and meaningful to you?

Everyday Steps

- ☐ Change one habit
- ☐ Repair, reuse, borrow or buy second-hand
- ☐ Walk, cycle or use public transport
- ☐ Spend more time caring for a local place
- ☐ Make a more thoughtful choice about what I buy

Creative Acts

- ☐ Make a drawing, photo, poem or film
- ☐ Tell a story about people, nature or place
- ☐ Share a film or idea that changed my perspective
- ☐ Use art to begin a conversation
- ☐ Organise a creative activity

Community Action

- ☐ Join a local group or project
- ☐ Volunteer or attend an event
- ☐ Take part in a beach clean or nature-restoration activity
- ☐ Support or share a campaign
- ☐ Write to an elected representative
- ☐ Invite others to a screening or discussion

My Own Idea -----

CHOOSE ONE REALISTIC NEXT STEP

It does not need to solve everything. Choose something specific enough to begin.

My next step is: _____

MAKE IT POSSIBLE

What are the first three small things you need to do?

1. _____
2. _____
3. _____

When will you begin?

- ☐ Today
☐ This week
☐ This month
☐ On this date: _____

WHAT WILL YOU NEED?

People: Who could help, advise or take part?

Places: Where could it happen?

Practical things: What materials, information, money, permission, time or transport might you need?

What might get in the way?

What could make it easier?

NOTICE WHAT HAPPENS

How will you know that your action has made a difference, even a small one? _____

When will you pause, reflect or decide what comes next?

MY ACTION PLEDGE

I will: _____

I will begin by: _____

I will ask this person or group to help:

Signed: _____ Date: _____

SHARE THE IDEA

How could you invite others in or help the idea travel?

- | | |
|--|---|
| ☐ Talk to someone | ☐ Bring the idea to a group, school or workplace |
| ☐ Invite a friend | ☐ Organise a gathering, activity or screening |
| ☐ Share it on social media | ☐ Something else: _____ |
| ☐ Write an email or letter | |
| ☐ Make a poster, photograph, poem or short film | |

START SOMEWHERE

You do not need the perfect words or a perfect plan. Choose something that matters to you. Take one realistic step. See where it leads.

Add your pledge to the LandxSea Pledge Wall, share it with @landxseafest, or make your pledge on our website.

Scan the QR code to pledge and explore more ideas, resources and organisations across Montrose, Angus and Scotland.



landxsea.org/takeaction
@landxseafest