

CHANNELING FRUSTRATION TO CHANGE THE WORLD

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**FRUSTRATED
YET?**



WHY POLITICS IS SO HARD



INCREASED POLARIZATION



INFORMATION OVERLOAD



DEHUMANIZATION

WHY IT'S SO EXCITING



MORE PEOPLE



MORE WAYS



MORE REASONS

WHAT CAN YOU DO?



BEFORE YOU START

Know What's Authentic

What causes naturally fit your brand? What actions fit your personality?

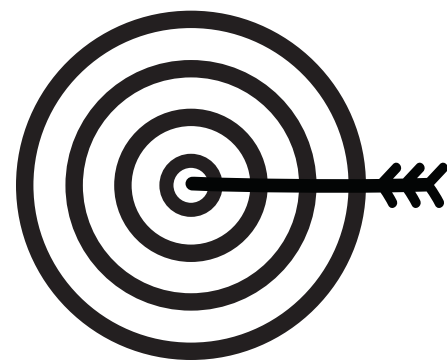
Know Your Assets

What - or who - do you have access to that can help you make an impact?

Know What Success Looks Like

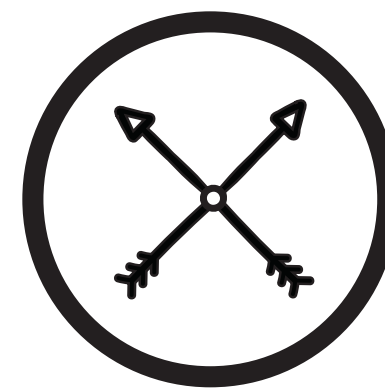
Set a goal and keep track of it so you can stay motivated along the way.

GET STARTED



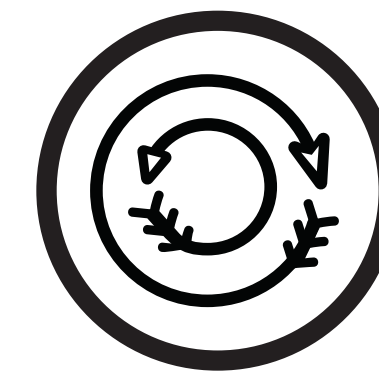
GET INFORMED

- *Who else is working on the problem you most want to solve?*
- *What opportunities are there for you to engage with existing efforts? What gaps exist for you to start your own?*



GET CONNECTED

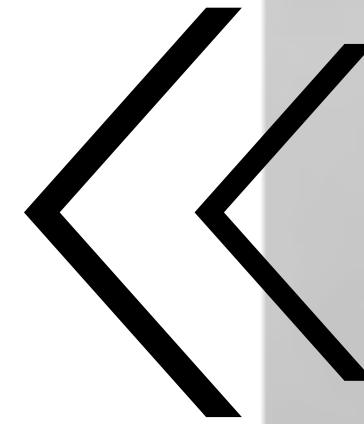
- *Who is doing the work you want to do?*
- *Who has tried and failed/succeeded in a similar effort?*
- *Who would you want to work with on solving this problem?*



GET ACTIVE

- *Pick up the phone, send the email, talk to friends – just get out there and start!*

**DO THE WORK YOU
WANT OTHERS TO DO**



Calling Congress - 01/31/17



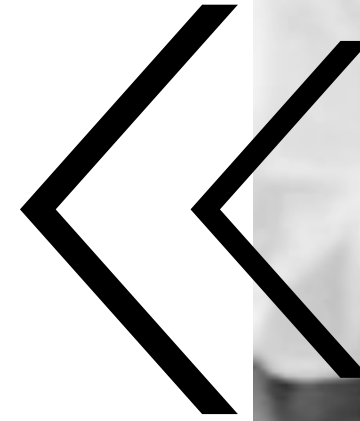
**GO LOCAL -
AND SHOW UP IRL**



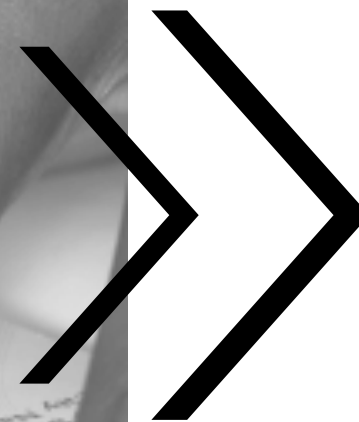
**HELP WHERE YOU'RE
MOST NEEDED**



(even if it's not super sexy)



**PUT YOUR MONEY
WHERE YOUR MOUTH IS**



REMEMBER WHY YOU'RE DOING IT



What was your original goal?

Keep track of the work you're doing. Write down every time you achieve something that you are proud of.

- *Look back at these accomplishments when you're feeling discouraged.*
- *Record mistakes you make too, so that you avoid them in the future and can tell others to watch out too!*
- *Set goals and keep track of whether you're hitting them and/or what you need to do to adjust.*

BE COURAGEOUSLY COMPASSIONATE



It takes a lot of courage to be kind to yourself and others when you're frustrated and working toward an important goal.

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- *Take care of yourself, so that you can face challenges with grace.*
 - *Build a strong network of personal and professional support for when you're feeling discouraged.*
 - *Remember that most people are doing the best they can and, even if you don't agree with them, they're human too.*

BE PATIENT + COMMITTED



”
Never doubt that a small group of thoughtful,
committed citizens can change the world.

Indeed, it is the only thing that ever has.

Margaret Mead