



## RESOURCES FOR OUR CURRENT TIMES

**What can I do? I can make a plan of action.**

### INSTRUCTIONS

- Use the first page of the attached suggestions to check the objectives and actions you wish to commit to for your “What I can do?” action plan.
- Use the second page with the four quadrants for your own ideas about individual objectives and correlating actions you would like to pursue and any group activities you would like to initiate or engage in.
- ACT! In our current times, our country calls on each of us to vote, to speak up, and to be active citizens.

## WE ARE IN THIS TOGETHER!

Christina Genest developed this exercise for a Neighbor-to-Neighbor Conversation held on March 27, 2025, and sponsored by the Morris Plains Democratic Committee as a service to our community.

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Follow us at [Facebook.com/mpdems](https://www.facebook.com/mpdems) for news about candidates, town halls, local collective actions, etc.

If not a subscriber, sign up for our e-newsletter & announcements on our homepage at <https://www.mpdems.org>.

If you wish to volunteer with the Morris Plains Dems, sign up at <http://bit.ly/3XFb8G8>

If you wish to become a 2025 Member, visit us at <https://www.mpdems.org/donate>

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Check out [www.mpdems.org/resources-for-our-times](https://www.mpdems.org/resources-for-our-times) for resources related to our Neighbor-to-Neighbor Conversations.

## NEIGHBOR TO NEIGHBOR CONVERSATION

### WHAT CAN I DO? Suggested objectives and actions to choose from for your personal action plan.

<p><b>FOR MYSELF</b></p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Educate myself. Be knowledgeable about our constitutional form of government &amp; its institutions. Understand what fascism &amp; authoritarianism are and recognize their signs.</li> <li><input type="checkbox"/> Follow reliable news sources. Fact- check information. Know the difference between propaganda, misinformation, and legitimate journalism.</li> <li><input type="checkbox"/> Build community networks that can support me &amp; others in times of crisis.</li> <li><input type="checkbox"/> Take care of my mental health &amp; support others to stay resilient.</li> </ul> <p><b>Suggested Actions:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Engage in traditional, social, and new media that keeps me informed and meets my needs for accurate information. Participate in workshops, seminars, etc.</li> <li><input type="checkbox"/> Join or create an affinity group.</li> <li><input type="checkbox"/> Hold potlucks. Form a study group. Join a local activist group.</li> <li><input type="checkbox"/> Meditate. Dance. Sing. Walk in nature. Exercise.</li> <li><input type="checkbox"/> Get a good night's sleep.</li> <li><input type="checkbox"/> Participate in a faith community.</li> </ul>	<p><b>FOR MY NEIGHBORS &amp; CIVIL SOCIETY</b></p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Nurture solidarity and support.</li> <li><input type="checkbox"/> Fight for the preservation of our American ideals.</li> <li><input type="checkbox"/> Know my rights and the rights of other community members – the undocumented, LGBTQ+, and other minority communities.</li> <li><input type="checkbox"/> Ensure and advocate for the rights of women and other minority groups.</li> </ul> <p><b>Suggested Actions:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Make “Care Calls” to those who need support.</li> <li><input type="checkbox"/> Engage in local affinity groups. (Wind &amp; Spirit, Edge, NOW, NAACP, RAMP – Refugee Assistance Morris Partners.)</li> <li><input type="checkbox"/> Be aware of immigrant, LGBTQ+, and minority group resources.</li> <li><input type="checkbox"/> Support organizations that protect civil liberties, human rights, and democratic institutions. (ACLU, Southern Poverty Law Center, Democracy Forward)</li> <li><input type="checkbox"/> Get involved in local groups that promote democratic values &amp; community engagement. (League of Women Voters, NJ 11<sup>th</sup> for Change, Action Together NJ, Indivisible, your local Democratic Committee.)</li> <li><input type="checkbox"/> Report any abuses of power or violations of civil liberties to appropriate authorities or watchdog organization.</li> </ul>
<p><b>FOR MY COMMUNITY &amp; STATE</b></p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Be an active member &amp; citizen of my community.</li> <li><input type="checkbox"/> Promote the general welfare of community members.</li> <li><input type="checkbox"/> Expect transparency from my elected officials.</li> <li><input type="checkbox"/> Know the issues and challenges facing our community, county, and state.</li> <li><input type="checkbox"/> Lead by example. Demonstrate the values I wish to see in our community through my actions &amp; behavior.</li> </ul> <p><b>Suggested Actions:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Attend town meetings or view them live or in recordings online. (YouTube, Morris Plains Development Discussion.) Sign up to videotape.</li> <li><input type="checkbox"/> Know who my elected officials are (municipal, county &amp; state), where they stand on the issues, and how to contact them to express my concerns.</li> <li><input type="checkbox"/> Join local civic, youth or nonprofit organizations (Rotary, Downtown Morris Plains, Little League, Minutemen, etc.)</li> <li><input type="checkbox"/> Volunteer for a town board or committee.</li> <li><input type="checkbox"/> Run for office.</li> <li><input type="checkbox"/> Receive the borough's weekly e-newsletter to stay informed.</li> <li><input type="checkbox"/> Support &amp; participate in Morris Plains Dems activities.</li> </ul>	<p><b>HOW TO MAKE MY VOICE HEARD &amp; MY VOTE COUNT</b></p> <p><b>Objectives:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Our very democracy is at stake! I will be an active citizen.</li> <li><input type="checkbox"/> The goal of the Trump administration is to keep us inundated to the point of inaction. I won't fall for it! I will pick an issue or priority I care about and FIGHT FOR IT.</li> <li><input type="checkbox"/> Know the candidates who will protect our rights and our constitutional democracy. Protect the vote. Actively engage in the electoral process.</li> <li><input type="checkbox"/> Promote civil dialogue.</li> </ul> <p><b>Suggested Actions:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Attend town halls. view online live events or participate in calls with your US representatives and Senators.</li> <li><input type="checkbox"/> Attend or listen to the debates of local, state &amp; national candidates.</li> <li><input type="checkbox"/> Write or call my representatives and local officials on issues I care about (Use 5 Calls) and know their votes.</li> <li><input type="checkbox"/> Participate in peaceful protests, petition drives, and strategic economic boycotts.</li> <li><input type="checkbox"/> Financially support and participate in the campaigns of candidates that align with my values and priorities.</li> <li><input type="checkbox"/> Leverage technology: sign online petitions, advocate for policy changes, or raise awareness about an issue.</li> <li><input type="checkbox"/> Support &amp; participate in Morris Plains Dems activities.</li> </ul>

**FURTHER IDEAS FOR MY ACTION PLAN: My additional objectives & actions**

<b>FOR MYSELF</b>	<b>FOR MY NEIGHBORS &amp; CIVIL SOCIETY</b>
<b>FOR MY COMMUNITY &amp; STATE</b>	<b>HOW TO MAKE MY VOICE HEARD &amp; MY VOTE COUNT</b>