

12 Habits of Successful Activists

Easy Read guide

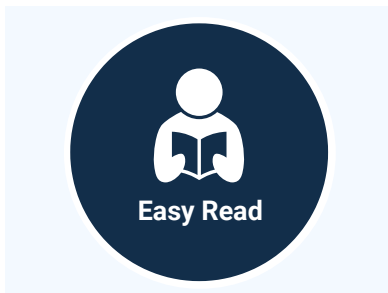
2023



How to use this guide



The Commons librarians wrote this guide.



We wrote this guide in an easy to read way.

We use pictures to explain some ideas.



If you would like this guide in an alternative format please contact us.

Contact details are at the end of this guide.



You can ask for help to read this guide.

A friend, family member or support person may be able to help you.

12 Habits Explained



An **activist** is a person that speaks up for their rights and the rights of others.

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They might do this by marching in the streets.

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A **habit** is something you do often and regularly.

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These are 12 **habits** you can do to be a successful **activist**.

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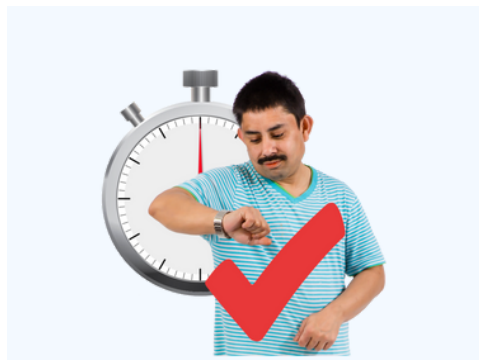
Start Here



1.Your goal is most important.



2.Look at the bigger picture.



3.Respond to new information.



4.If things do not go to plan get up and try again.

Put the Community First



5.Focus on those with **lived experience**

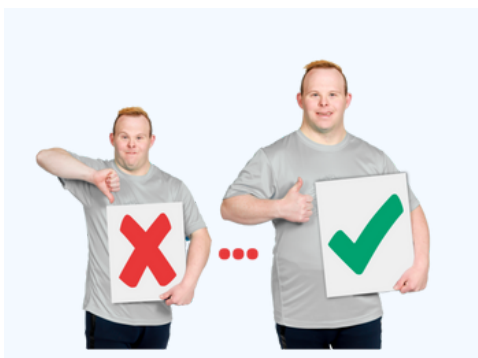


Lived experience are things people learn from their own life.

For example, black women have lived experience of being black and a woman.

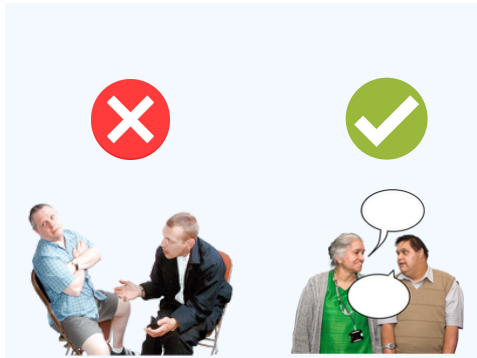


6.Build trust with the community.



Building trust helps people be open to change.

Engage with people who do not agree with you



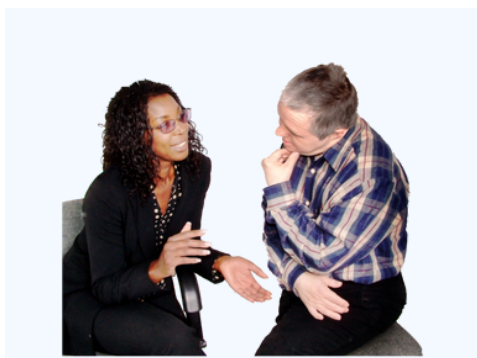
7. Be open to other people's opinions



Put yourself in other people's shoes.



8. **Actively listen** to other people.

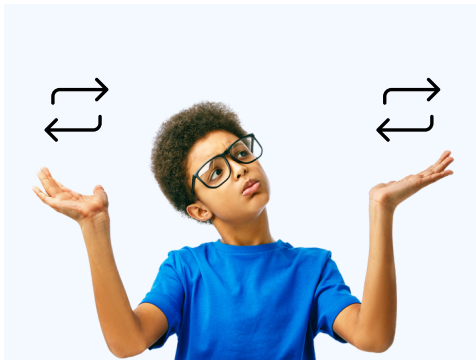


Active listening is when you show the person you understand.

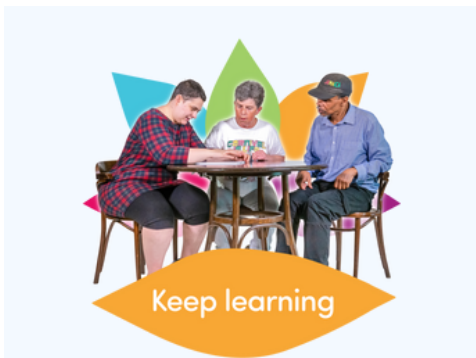
Learn with others



9. Work with other people.



10. Try different ways to bring about change.



11. Learn from mistakes.



12. Try new things even if they are challenging.

Contact us



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