# 12 Habits of Successful Activists

Easy Read guide 2023

The Commons Social Change Library

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## 12 Habits of Successful Activists

## 12 Habits Explained

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

They might do this by marching in the streets.

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

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

### 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

1. 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.

1. Build trust with the community.

Building trust helps people be open to change.

### Engage with people who do not agree with you

1. Be open to other people’s opinions

Put yourself in other people’s shoes.

1. **Actively listen** to other people.

**Active listening** is when you show the person you understand.

### Learn with others

1. Work with other people.
2. Try different ways to bring about change.
3. Learn from mistakes.
4. Try new things even if they are challenging.

## Contact us

You can email us:

librarian@commonslibrary.org

You can write to us:

Commons Library Ltd

Level 21/ 567 Collins Street,

Melbourne, VIC, 3000

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**Source**

This guide is based on 12 Habits of Successful Changemakers by the Sheila McKechnie Foundation

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