



JOURNAL PROMPTS

What Do You Want Your Political Legacy To Be?

We're living through history right now. How do you want to meet the moment?

Below are some questions that can help you get clarity on your own motivations, hopes and fears, and the impact you want to have on the future. As with all journal exercises, answer the prompts that resonate and don't judge or edit yourself.

Understanding your motivations

- How did your experiences with fairness, injustice, or seeing people standing up for change shape your political views?
- What specific issues and actions are you most deeply worried about right now? Why are these particularly important to you?
- Have there been times when you had to advocate for something you believed in, even if it was difficult or unpopular? What did you learn from those experiences?
- If you have kids or young people you're close to, picture yourself talking to them. What would you tell them is most important right now?

Your role and actions

- What actions have you taken (or are you considering taking) to defend challenged rights? These could be large-scale efforts or smaller, everyday acts.
- What ways do you personally think are most effective to create change?
- How can you empower other people to learn, stay motivated, protect themselves and each other, and hope?

Your impact and legacy

- If someone asked you in 10 years what you were doing in 2025, what's your ideal answer?
- In 10 years, what do you hope the US looks like?
- How do you hope your political and community work will impact other people, both now and throughout your life?
- What's getting in the way of creating that impact? Without judging or editing, write down your thoughts about how you could overcome those obstacles.
- What's your biggest fear about your own political legacy?