



INSTITUTE FOR
HUMANE EDUCATION

MOGO Action Plan

Looking over everything you've written during this workshop, use this document as a tool to complete your MOGO Action Plan. It's important to have a sense of practical ambition when creating your plan. Developing a plan that demands too much may be setting yourself up for frustration, guilt, or disappointment. On the other hand, challenging yourself is what makes choosing MOGO a profound and life altering process. This plan will serve you best if you focus only on what you can commit to **right now** and what you feel confident that you can sustain.

In the coming months, you may find it helpful to make a new plan or expand this one. Whether you use this tool again or create your own method for choosing MOGO, please stay in touch with IHE and let us know both how you are doing, and what we can do to help!

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Section 1: Daily Choices

Changes to Make

In relationship to the daily choices I make (food, clothing, products, transportation), I plan to make the following different choices in order to do more good and less harm to myself, other people, other species, and the environment:

Actions to Take

These are the specific actions I will take so that I will be able to carry out this plan:

Section 2: Work/Career

Changes to Make

In relation to my work/career (if applicable), I plan to make the following changes in order to better align my work/career with my goals and values:

Actions to Take

These are the specific actions I will take so that I will be able to carry out this plan:

Section 3:
Activism/Volunteerism/Giving

Changes to Make

In relation to activism/volunteerism/giving, I plan to make the following changes in order to more effectively and positively make a difference in the world:

Actions to Take

These are the specific actions I will take so that I will be able to carry out this plan:

Section 4: Follow-through
Finding Your Balance, Community, & Support

Changes to Make

In order to follow through with this entire plan, I'll strive for balance, gather community, and gain the support I need in the following ways:

Actions to Take

These are the specific actions I will take so that I will be able to carry out this plan:

Looking over this Action Plan, these are the 2-5 things I will do immediately upon leaving this MOGO workshop:

1.

2.

3.

4.

5.