

MOGO Questionnaire and Action Plan

The following questionnaire and action plan gives you the opportunity to reflect upon your choices and your vision for your life and put into words some concrete goals. As you complete it, try to tap into your deepest wisdom and your most ardent hopes for yourself, your family, your community, and the world we all share.

If you haven't already begun a MOGO journal, now's a good time to start one. Let this questionnaire and action plan launch you on your journey toward MOGO living, serving as a guide to which you can return again and again, and which you can modify and expand with new knowledge, experiences, and understanding.

You'll notice as you complete this questionnaire that most questions are divided into three parts: a) What you currently do, b) What you want to learn/do, and c) What steps you will take. The purpose of this three-part approach is to help you: a) Identify the ways in which you already live according to your values, b) Inquire about what you need to learn to lead a MOGO life, and c) Introspect in order to make tangible plans so that you might live with deeper integrity.

Initially, there may not appear to be much difference between (b) and (c). You'll be asked in (b) to clarify what you think you need to learn, or what you'd like to change. Then you'll be asked in (c) to write down the steps you will take to follow through, and it may seem that you've already done this in (b). But, the purpose of the third part of each question is to make very concrete, *and very manageable*, plans for yourself. Please make sure to write down only those ideas that are actually possible to carry through, and which truly inspire you.

1. The qualities (virtues) that are most important to me are:

2a. With my family, friends, and neighbors I model the following qualities:

2b. I would like to model the following qualities more consciously with my family and friends:

2c. In order to achieve this goal, I will take the following steps:

3a. In relation to my health (physical, emotional, intellectual, spiritual) I take care of myself in the following ways:

3b. I would like to learn/do the following in order to improve my health (physical, emotional, intellectual, spiritual):

3c. I will take the following steps to improve my health (physical, emotional, intellectual, spiritual):

4a. In relation to people who produce and supply the products and services I use, I currently make the following choices to prevent others from suffering or being exploited:

4b. In relation to people who produce and supply the products and services I use, I need to learn about the following in order to make choices that better reflect my values:

4c. I will take the following steps to learn, think critically, and make more humane choices in relation to people who produce and supply the products and services I use:

5a. In relation to animals (wildlife and those used for food and clothing, in product testing, in forms of entertainment, who are in shelters, etc.), I currently make the following choices to minimize animal suffering and exploitation:

5b. In relation to animals (wildlife and those used for food and clothing, in product testing, in forms of entertainment, who are in shelters, etc.), I need to learn about the following in order to make choices that better reflect my values in relation to animals:

5c. I will take the following steps to learn, think critically, and make more humane choices in relation to animals:

6a. In relation to the environment (air, salt water, fresh water, land, soil, forests, rainforests, natural resources, etc.) I currently make the following choices to live an environmentally friendly, sustainable life:

6b. In relation to the environment (air, salt water, fresh water, land, soil, forests, rainforests, natural resources, etc.) I need to learn about the following in order to make choices that better reflect my commitment to protecting and restoring the environment:

6c. I will take the following steps to learn, think critically, and make more environmentally friendly, sustainable choices:

7a. In relation to activism and volunteerism, I already do the following:

7b. In relation to activism and volunteerism, I would like to help more in the following ways:

7c. I will take the following steps in order to help others through activism and volunteerism:

8a. In relation to charitable giving and sharing my resources, I contribute in the following ways:

8b. In relation to charitable giving and sharing my resources, I would like to contribute more enthusiastically and effectively in these ways:

8c. I will take the following steps to contribute more enthusiastically and effectively:

9a. In relation to democracy, I'm active and engaged in the following ways:

9b. In relation to democracy, I need to learn the following in order to be more meaningfully and actively engaged and participatory:

9c. In relation to democracy, I will take the following steps to be more meaningfully and actively engaged in the democratic process.

10. This is the epitaph I would like to have:

11. In order to turn my intentions in this questionnaire into practical changes, I will use the following methods to support and discipline myself (this support can be internal, such as starting a meditation practice, or external, such as taking a class, finding or creating a support group, or a combination of both):

12. Within the next week, I am going to do the following 3-5 things in order to implement this plan:

13. I am going to put a reminder to myself in my calendar on this date to assess and evaluate my efforts and successes at fulfilling my commitments and to plan again: