



The Institute for
Humane Education

IHE SOLUTIONARY TOOLS



MOGO Questionnaire

and Action Plan

By Institute for Humane Education



MOGO Questionnaire & Action Plan

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MOGO QUESTIONNAIRE

AND ACTION PLAN

Humane education teaches about the interconnected and pressing issues that impact all life – humans, other animals, and the earth we share – and provides individuals of all ages with the tools to be solutionaries for a better world.

The overarching question that humane education asks, and the value it encourages, is this:

How can each of us, through our daily choices, our relationships, our work, our volunteerism, and our acts of citizenship do the most good and the least harm for ourselves, other people, animals, and the environment and help solve the challenges we face in the world?

We call this the **MOGO Principle** (short for “most good”), and we invite you to consider how to use this principle in your own life and how to bring it to your students/audiences through humane education.

The **MOGO Questionnaire and Action Plan** gives you the opportunity to reflect on 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.

Most questions are divided into three parts:

- a) What you currently do (so that you can identify the ways you’re already living your values);
- b) What you want to learn/do (so that you can set goals for living a more MOGO life);
- c) What steps you will take (so that you are making specific, actionable plans for living with deeper integrity).

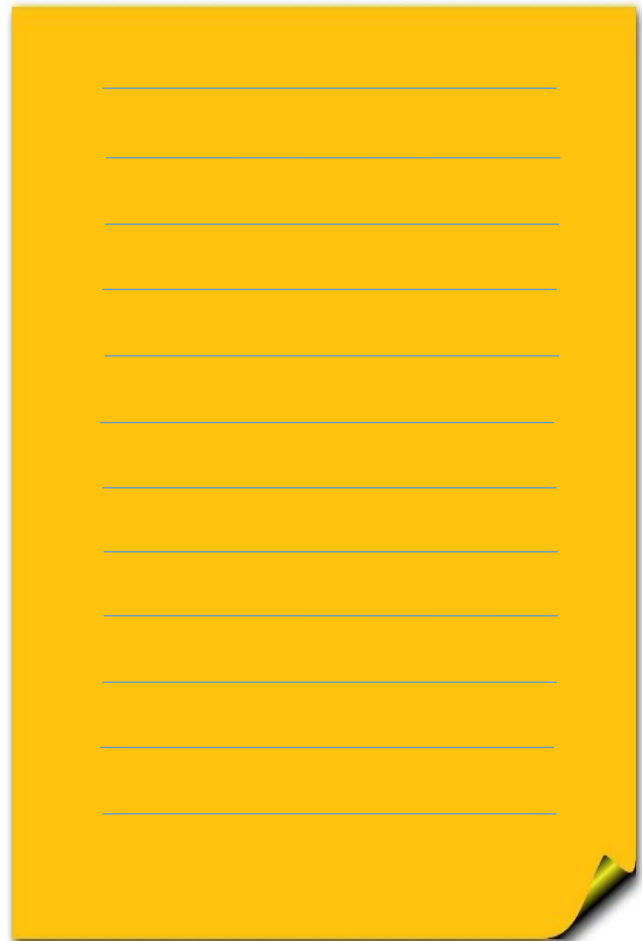


Most Important Values/Virtues/Qualities:

The qualities that are most important to me and that I currently model to loved ones:



To successfully model my chosen qualities/values, I will take the following steps: (In answering this prompt, consider such questions as, Who am I willing to talk to? What am I willing to give? And what am I willing to risk?)




Qualities/values I want to model more consciously:



My Impact On/Relationship With People:

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:



To learn to think critically, and make more humane choices in relation to people who produce and supply the products and services I use, I will take the following steps: (In answering this prompt, consider such questions as, Who am I willing to talk to? What am I willing to give? And what am I willing to risk?)



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:



My Relationship With Equity, Justice, and Privilege:

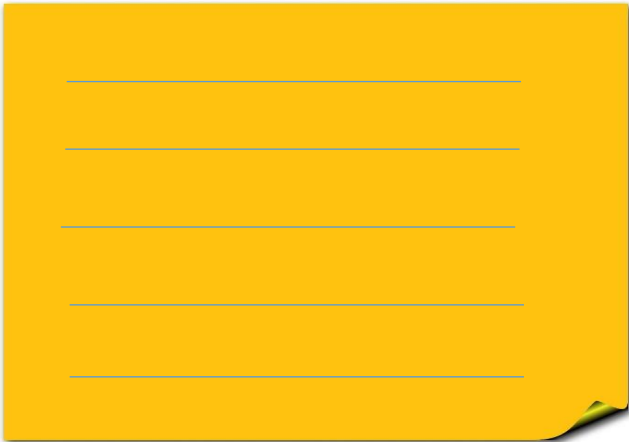
I currently practice equity and justice toward others (especially oppressed/marginalized populations) and recognize my privilege and complicity in oppressive systems in the following ways:



To learn, reflect, think critically, and make more just and equitable choices, I will take the following actions: (In answering this prompt, consider such questions as, Who am I willing to talk to? What am I willing to give? And what am I willing to risk?)



I need to learn and reflect on the following in order to better recognize and use my privilege to become an ally to others:



My Impact On/Relationship With Nonhuman Animals

(When considering animals, think of wildlife (on land and sea) and those beings used for food & clothing, for experimentation, in entertainment and captivity, in shelters, etc..)

In relation to animals, I currently make the following choices to minimize harm and to help prevent animals from suffering and being exploited:



To learn, think critically, and make more humane choices in relation to nonhuman animals, I will take the following steps: (In answering this prompt, consider such questions as, Who am I willing to talk to? What am I willing to give? And what am I willing to risk?)



In relation to animals, I need to learn about the following in order to make choices that better reflect my values:



My Impact On/Relationship With the Environment (our Natural World)

(When considering the natural world, think of air, salt & fresh water, land, soil, forests, plants, animals, ecosystems, etc..)

In relation to the natural world, I currently make the following choices to live an environmentally friendly, sustainable life:



To learn, think critically, and make more environmentally friendly, sustainable choices, I will take the following steps: (In answering this prompt, consider such questions as, Who am I willing to talk to? What am I willing to give? And what am I willing to risk?)



In relation to the natural world, I need to learn about the following in order to make choices that better reflect my commitment to protecting and restoring the environment:



My Citizenship and Community Engagement

(My citizenship and community engagement includes my activism, volunteerism, charitable giving, and my engagement in democracy and my community.)

In relation to my citizenship and community engagement, I'm active and engaged in the following ways:

In relation to my citizenship and community engagement, I need to learn the following in order to be more meaningfully and actively engaged and participatory:

To be more meaningfully and actively engaged as a world citizen and community member, I will take the following steps: (In answering this prompt, consider such questions as, Who am I willing to talk to? What am I willing to give? And what am I willing to risk?)

How I Want to Have Lived My Life:

This is the epitaph I would like to have:



Please review your responses to this questionnaire and circle the steps that you most want to take. Refer to these in the final page that follows.



Next Steps for Positive Action:

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, asking a teacher or trusted relative or friend to help you, or a combination of both.)

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



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:

