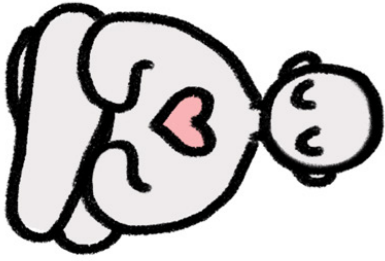


+ a small list
of action ideas

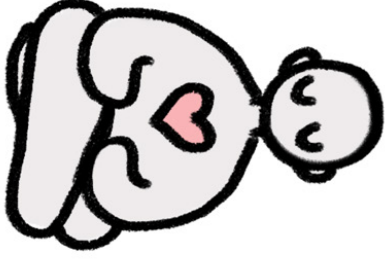


anti-capitalist affirmations

*The rich are getting richer
while the poor get poorer,
and ingrained in many of
us are destructive, unhealthy
thinking patterns that our
capitalist society has taught
us. With time and patience,
they can be unlearned.*

Cultivating hope in
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+ a small list
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ACTIONS

♥ Get active within your
community!

- Start organizing. Grow a diverse, knowledgeable, and loving group of motivated people.

- Participate in mutual aid! Help out a friend, organize fundraisers, trade, unionize, etc.

♥ Keep yourself educated on current happenings, and learn the history of your causes!

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• My actions
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• I deserve to have
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• It's okay to not have
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• It's okay to not have
it all figured out

• Slow progress is still progress

• I am my most authentic self.

• I deserve dignity and respect, regardless of how much money I have

• I'm allowed to do any activity regardless of my skill level

♥ Use what you have, or fix/make what you can.

Accept gifts and support from others! Go thrifting if needed

♥ Add a "give & take" cabinet to your neighborhood. Fill it with essentials, clothes, and food

♥ Speak up for what you believe in! Let your voice be heard!

• Create art, protest, rally, send postcards + leave voicemails + make calls to your representatives for change.

• I'm the change I want to see in the world!

• I choose to be empathetic, and to show kindness and respect to all.

• I'm allowed to take up space

• Asking for help is a sign of strength

Affirmations

• I have value simply by existing

• I welcome rest, and release any guilt I've been taught to feel for slowing down

• I'm allowed to spend time doing things that make me happy

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