



# Climate Action Workbook

Global warming is real and increasing in pace. To secure our livelihood, we must try to stop the warming to safe biodiversity and the environment. For that, we need every single person. Individuals can have an effect on a collective level. For example, in activating more individuals, prototyping solutions together and therefore achieving positive social tipping points.

This workbook is helping you to reflect on your potentials. It will guide you through wuestions about your favourite things, your strengths and where you see potential for change.

Pick up some colorful pens and get ready to fill in this workbook. You are also invited to print it. We wish you a great journey and hope that you feel enlightened, empowered and connected afterwards.

**Mental Health Note:**

Dealing with the climate crisis can trigger many emotions. It is important to acknowledge all of them. Every emotion or sensation you experience is valuable and okay. If you can, write it down, work with it and talk to other people about it. And most important: take a break when you feel like you need one.

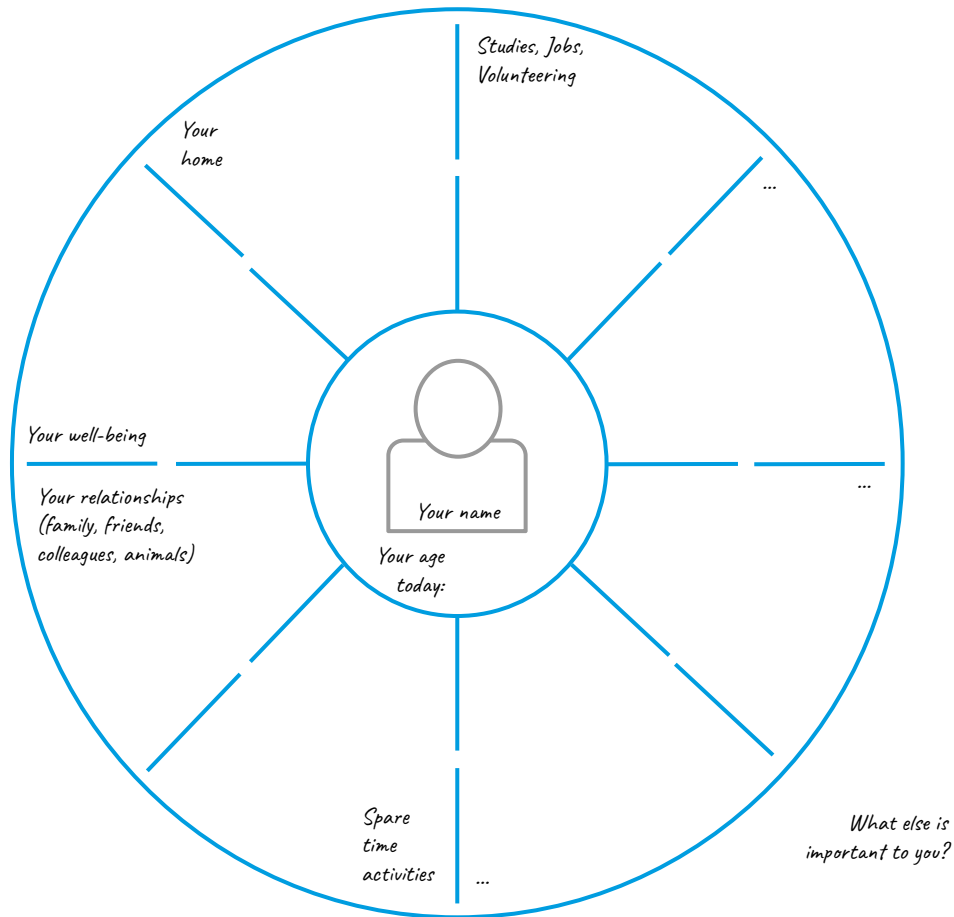
# Your Moment of Realisation

When did you realize how urgent the climate crisis is? Was there a certain moment you remember? A special occasion or person you talked to? Think about the emotions you felt in this moment as well. Take a note or draw it from your memory.

A large, empty rounded rectangle with a blue border, intended for the user to draw or write their response to the reflection questions.

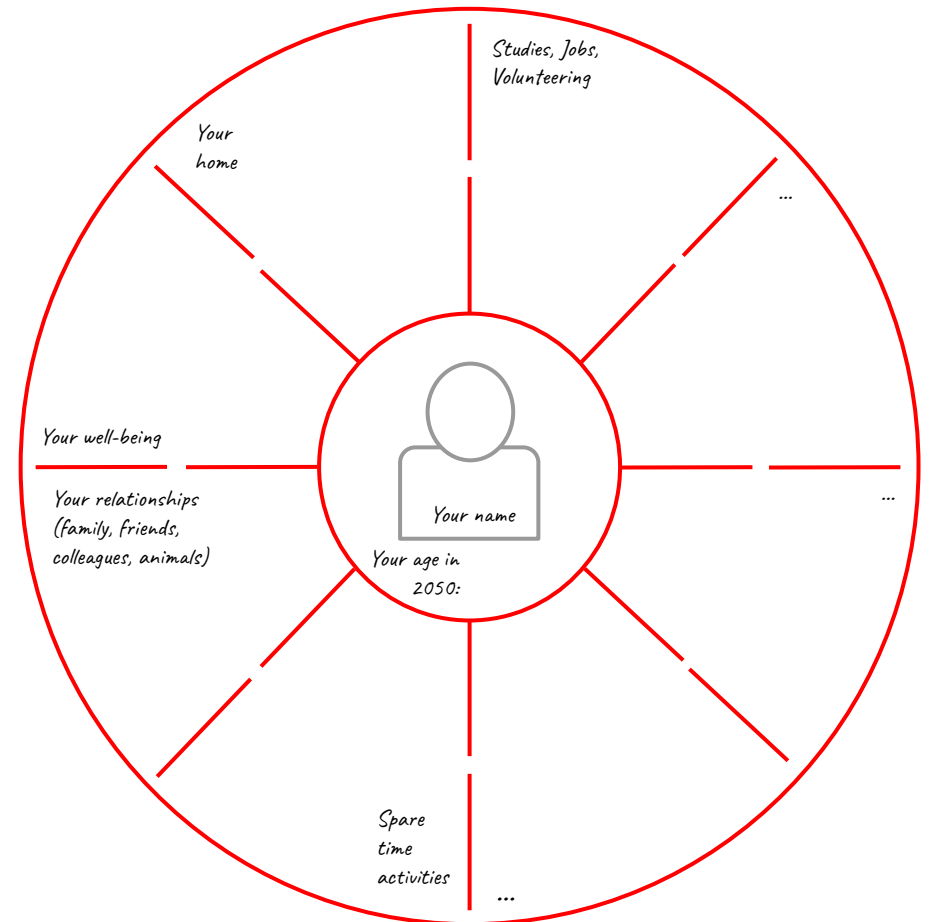
# This Is You

Who are you? Take a note on what is important to you, what feels close and what is part of your everyday life.



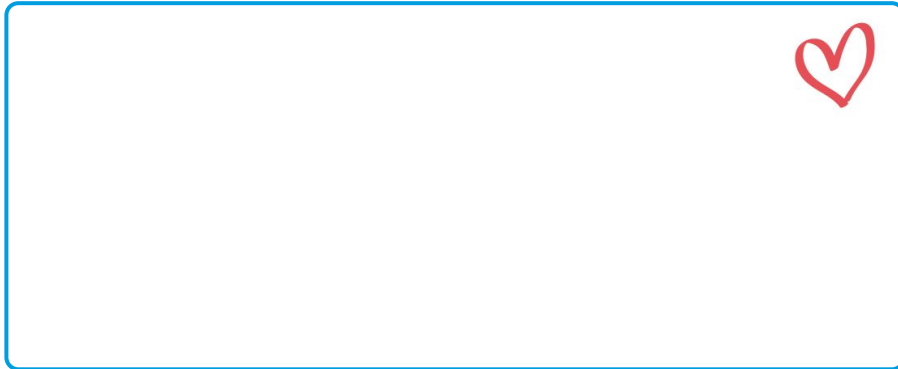
# Your Climate Connections

After looking at what is important to you, how will these things affect climate crisis? And how will they be affected by the climate crisis as well?



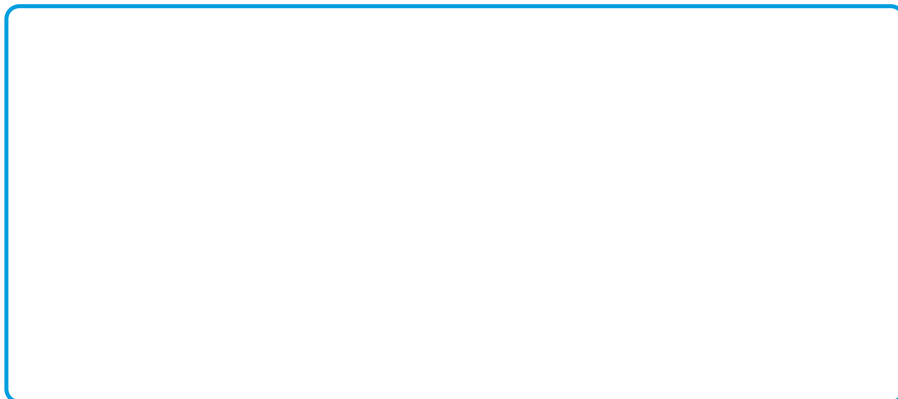
# What Is Most Important?

What are the most important things in your life? With what can you spend entire days and about what can you talk endlessly?



# Your Strengths

In what are you good at? For what do others ask you for help? What is your expertise and what makes you shine?



# Your Drive

What motivates you in the morning? Why do you get engaged? What is your purpose? For what challenges and potentials within the climate crisis could you see yourself getting engaged?



# Your Potentials



## 1. Collect

<b>What is most important to you?</b> <i>Where are you engaged? What do you love?</i>	<b>Within this topic, area or hobby:</b> <i>What could be an easy, small, medium or even big sized activity you could do?</i>	<b>Your scope:</b> <i>Who can you reach by that and how many?</i>	<b>How can you create impact?</b> <i>How can you affect decisions? And how do you engage more people?</i>	<b>How does it make you feel?</b> <i>Are you comfortable in becoming more active within this topic?</i>

## 2. Focus

**What seems to be a potential you feel good with? What do you want to get engaged in?**

*What is feasible in an easy, fast and cheap way? And what would create impact immediately? Highlight it!*

*How can you reach many people? Who will listen and take you seriously?*

*What opportunities do you have to activate other people? Do you know influential people?*

*What activity makes you feel good to start with?*

**Your Focus Activity**

# Your Ideas

Regarding your Focus-Activity. What ideas come to your mind? What actions and activities could create great impact? What would connect you with other people? And will your most important topics benefit from this action as well?

**Your Focus-Idea**

*Reflect about your ideas and think about what is most feasible to start with.*

*Keep in mind: Nothing is impossible. Sometimes we have to retrain our way of thinking towards utopian futures.*

# Your Action Plan

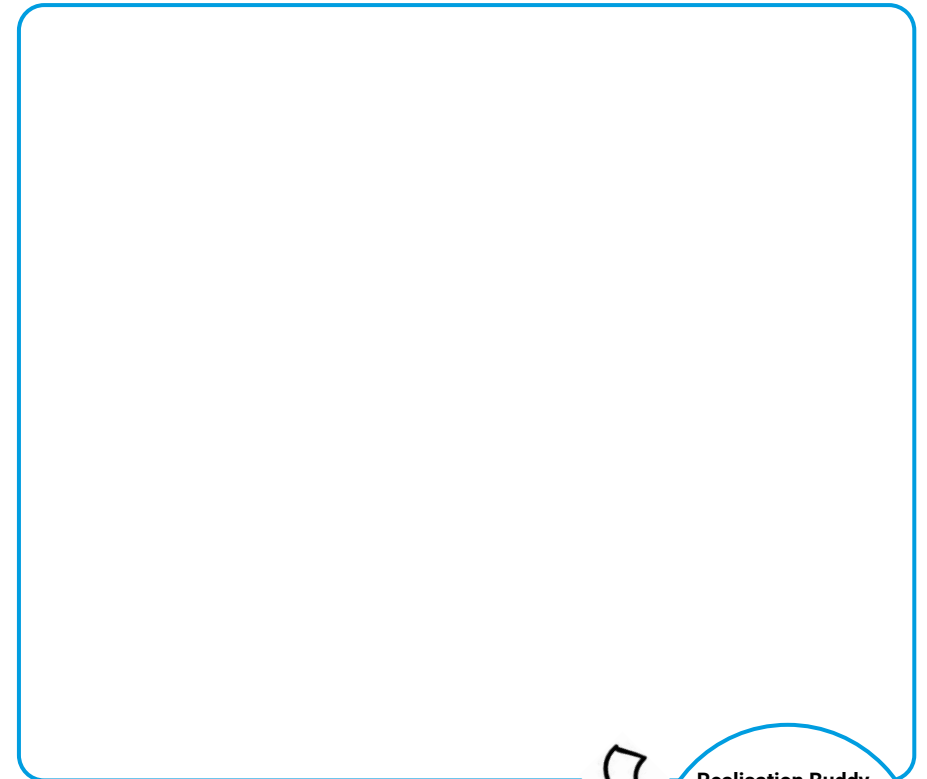
Let's get started. Collect all To Dos to realise your Focus-Activity.

Also think about timing: how much time do you need for what? What needs to happen early, what is less important?



# Your Support System

Who and what will support you in realising your focus activity? Collect any person, institution, group or club you know that can support. Who can share your idea? Who will participate? Who can multiply? Collect anything that will help you saving your most important things.



*Find someone you can exchange ideas, progress and experiences with. There are a variety of groups, clubs and initiatives within your neighbourhoods or town you can join for a sense of community and exchange.*

## Realisation Buddy

*With whom can you check in with?*



# The First Step

We encourage you to make an agreement with yourself about what you want to realise and until when. E.g., that you will write the first E-Mail to an acquaintance that could help you. To call a person of your support system. Or to contact a local climate activist group you sympathise with and that you want to support.

# Connect & Act

This workbook was created with the help of Climate Scientists, Designers, Journalists and Psychologists. It was funded by the German Competence Centre for Culture and Arts.

If you are interested in hosting a workshop or you are in a need for a speaker - please contact us, so we can make it happen.

Send your inquiry to  
Alessa Fetzer, [alessa.fetzer@projektnetz.de](mailto:alessa.fetzer@projektnetz.de)





