


Climate-Action-Canvas

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?



Your Climate Emotions
How do you feel regarding climate crisis?

Your Drive
Why do you get engaged? What is your purpose?*


What Is Most Important?
What are the things that matter most in your life?



Your strenghts
At what are you good at? For what do others ask you for help?

Your Notes

Your Potentials
Collect your **potentials** with the Chart on Page 2. When you're done, please collect here your key insights, learnings, and **focus idea**, you want to work on.



Your Ideas
What actions and activities could create great impact? What would connect you with other people?

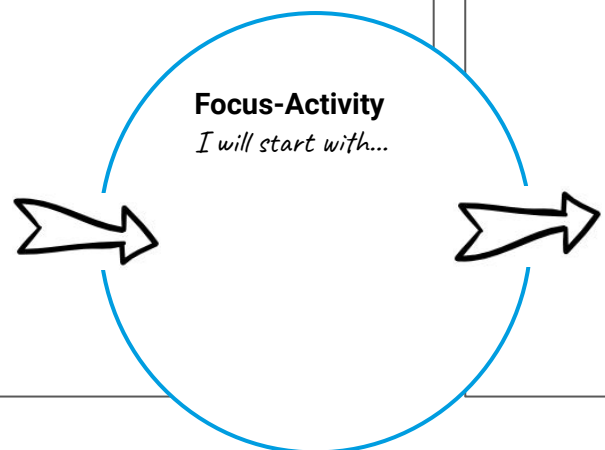


Your Action Plan
Collect all To Dos to realise your Focus-Activity. Also think about timing: how much time do you need for what? What needs to happen early, what is less important?

Your Support System
Who and what will support you in realising your focus activity? Who can share your idea? Who will participate? Who can multiply?

Focus-Idea
I am going to...






Realisation Buddy
Find someone you can exchange ideas, progress and experiences with.



Climate Action Matrix

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1. Collect

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



Chose one action that you want to focus on and that you see potential with. Transfer your Focus-Idea to page one and follow the canvas for further instructions.

