

# The Social Change Ecosystem

Reflection Activity

## • The Roles •

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01

**What values matter to you?**

Circle the ones in the middle of the map that connect with you or add more/others.

**When do you feel most connected with these values?**

02

**What do you want to change? Is it a system of power, a mindset, or a policy?**

You can also choose to write in a particular issue, campaign, or crisis that calls to you to take action (e.g., LGBTIQ+ inclusion in healthcare settings, disability friendly queer events)

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03

**What role(s) do you feel comfortable and natural playing, and why?**

Think about how your roles help you live out the values you connected with in the first question.

04

**What is the impact of playing these roles on you - physically, energetically, emotionally, or spiritually? Who or what helps you to keep going?**

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05

**How does your role connect to who you are and your privilege and power?**  
For example, are there roles where you might be taking too much space or not enough?

## • Self-Care and Connections •

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01

**What story emerges about you when you look at the map and think about the answers you just gave?**

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02

Social change can be rewarding but it can also be draining at times. It's natural to feel burn out and fatigue or tiredness. These responses are natural.

**Think about a time when you felt tired from social change work.**

**What led to that experience & how did you cope?**

03

Knowing what you know now about your roles and your ecosystem, **reflect on activities that you can take to help you through difficult times** (for example, setting boundaries, relying on a mentor, asking for help, switching roles, or taking breaks).

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04

**Who are you connected to? What roles do they play?**

Start with your immediate support circle and work your way out from there.

## • Thinking about the Future •

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01

**When you are in the right relationship between your roles and values, how do you feel?**

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02

Sometimes we all feel confused or lost about the roles we should play.  
**When you are not connected to your roles, how can you re-set?  
Who can you turn to for help?**

04

Based on everything you have thought about, **set 2 goals for yourself and the advocacy or social change work you want to do.** One way to set a goal is using the SMART acronym.

This means your goal should be:

**Specific** - you should be clear about what it is you want to achieve

**Measurable** - you should know when you have achieved your goal

**Achievable** - it should be realistic and not too difficult to achieve

**Relevant** - it should matter to you and your life right now

**Timely** - you should set a date or time for when you want to achieve your goal