COMMIT TOGETHER

A PRACTICAL GUIDE TO
RECLAIMING DEMOCRACY

5 Minutes.
5 Hours.
5 Weeks.



PEOPLE.
IDEAS.
ACTION.
A STRONGER
TOMORROW.

You have more time to make a difference than you think.

You don't need to reorganize your life to participate in democracy.
Start with the time you actually have.

5 MINUTES
Take One Small Step

Small actions add up. Here are some ways to make a difference in just a few minutes.

- Contact your elected representative.
- **Check your voter registration.**
- Sign up for updates from an organization you care about.
- **Share a credible resource** with your network.
- Make a small donation to a cause you believe in.

5 HOURS
Get Involved

With a bit more time, you can digger in and have a bigger impact.

- Volunteer with a local or national organization.
- Attend a community meeting or town hall.
- Help with voter outreach or registration.
- Offer a professional skill (e.g., legal, communications, design, research).
- Bring a few friends or colleagues together to learn or take action.

5 WEEKS
Build a Habit

Sustained involvement creates **real change.** Here are some ways to stay engaged over time.

- Volunteer regularly with an organization you trust.
- Support a specific project or campaign.
- Use your professional skills to take on a defined role.
- Help with ongoing outreach or fundraising.
- Become a regular participant in a local or national effort.

MY NEXT ACTION

Choose the amount of time you have today. Then choose one thing.

Start here.

I have: ☐ 5 minutes ☐ 5 hours ☐ 5 weeks

The one thing I'm going to do: _____

I'll do it by: _____

Start where you are.

You don't have to do everything.
You just have to find your way in.

It's not apathy. It's navigation.



PaulMKatz.com | CommitTogether.org

A MORE ENGAGED
A MORE INCLUSIVE
A BRIGHTER TOMORROW