FIND YOUR ISSUE

Discover what matters to you—and where you can make a difference.

There are many ways to help strengthen our democracy. This worksheet will help you identify the issues you care about most, why they matter to you, and how you might get involved.



A more engaged you a stronger tomorrow.

1 EXPLORE THE POSSIBILITIES

Which issues are you most interested in? (Check all that apply.)

- ☐ Voting Rights & Fair Elections
- ☐ Democratic Institutions
- ☐ Rights & Power & Rule of Law
- ☐ Education & Democracy
- ☐ Freedom of Speech
- ☐ Immigration
- ☐ Economic Fairness
- ☐ Healthcare
- ☐ Engaging Across Differences

IT'S OK TO CARE ABOUT MORE THAN ONE.
You can always come back to this and explore other issues later.

2 NARROW IT DOWN

From your list above, what are the up to three issues that matter most to you right now?

1. | 2. | 3.

3 MAKE IT PERSONAL

Choose one of your top issues. Why does it matter to you?

_____

_____

_____

YOUR "WHY" FUELS YOUR IMPACT.
It could be a personal experience, a community you care about, or the kind of future you want to see.

4 WHAT WOULD YOU LIKE TO CHANGE?

What's one specific change you'd like to see related to this issue?

_____

_____

_____

BE SPECIFIC.
For example: more voter access, cleaner energy, better mental health support, less misinformation, or stronger bipartisanship.

5 HOW WOULD YOU LIKE TO HELP?

What feels realistic and meaningful for you? (Check all that apply.)

- ☐ Volunteer my time
- ☐ Support an organization financially
- ☐ Use my professional skills
- ☐ Talk with friends and family
- ☐ Advocate or contact elected officials
- ☐ Raise awareness on social media
- ☐ Attend events or community meetings
- ☐ Join a local group
- ☐ Learn more for now
- ☐ Other: _____



Not Apathy. Navigation.
You have to do what's your issue, and become part of something bigger.