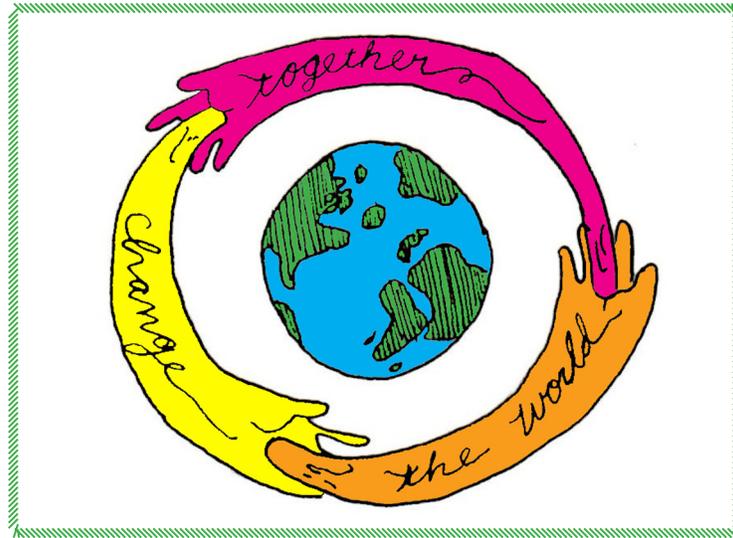


# Change the World (for 1 person)



by Go Greater Good

**Changing the world** is not an abstract concept.  
**You will change the world**, with our simple action plan:

**Step 1** — Change your environment.

**Step 2** — Change the world.

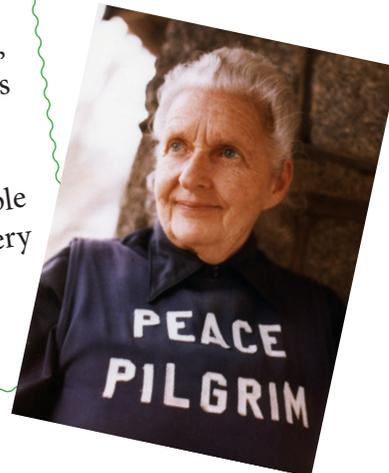
*How? Read on to find out!*

This handout is grounded in positive psychology research,  
as well as in years of *change the world* experience.  
To learn more, visit: [gogreatergood.com](http://gogreatergood.com)

"I know I am a little person  
and can do only little things,  
but there are so many little things  
that need to be done.

[And] if enough of us little people  
ask together, even very, very  
big things will be granted."

— Peace Pilgrim



[print me!]

#gogreatergood

# Step 1 — Change your environment

“There’s just one way to radically change your behavior: radically change your environment.”

— Dr. B.J. Fogg



Before you *change the world*, set yourself up for success — through a positive change in your environment.

Which one item below most attracts you?

**Complete this item now, or as soon as humanly possible!**

(Then move on to the next page, Step 2.)

## • Partner up •

If you’re trying to hit the gym, plan to go at specific times with a friend or personal trainer. For differing goals, implement daily check-ins or a weekly lunch, where partners can follow up on one another. Also check out *stickk.com*.

## • Design for laziness •

We are all battling something that addicts or distracts us. What is this for you? \_\_\_\_\_  
How can you alter your environment to make it more challenging to come across this? \_\_\_\_\_  
(examples: delete social media; get out of toxic relationships; keep only healthy food in your home.)

## • Add a positive relationship •

A sense of community is essential to your well-being. Add a new relationship. Volunteer, join a spiritual group, or adopt a pet. To double down — seek out a teacher, class, or club — to improve your abilities while *also* helping to build your sense of community.

## • Specify your space •

Designate specific environments or items for specific tasks. In time, simply going to this area will lead to productive work. (example: your office, local library, or a specific computer is for work only, and no cell phone, internet, or distractions are allowed in this area.)

## • Kill habituation •

Plan a trip — camp, volunteer, join a work exchange (*check out [matadornetwork.com/notebook/how-to-travel-for-free](http://matadornetwork.com/notebook/how-to-travel-for-free)*), or travel more traditionally. A good trip can help build your confidence, creativity, and patience — by breaking your routine & stimulating your senses.

## • Does this spark joy? •

Go through all possessions, and even digital files, apps, & news sources. Ask yourself (in the style of tidying expert Marie Kondo): *does this item spark joy?* If not: donate, sell, delete, or throw it away. Less physical clutter = less mental clutter.

## • Use temptation to your advantage •

Temptation bundling means tying together two activities — one you *love* to do and one you *should* do more of. Such as: *watch your favorite show only while you walk on your treadmill*. What’s something you love to do? \_\_\_\_\_  
What’s something you should do more of? \_\_\_\_\_  
How can you tie these two together? \_\_\_\_\_

## • Apple a day •

Starting today, eat one meal daily as a veggie salad or smoothie for a *win-win-win*: save animals from abuse, help the environment, AND feel great (*reducetarian.org*). Or, begin a simple exercise routine or good sleep/relax schedule. Such *keystone habits* will reverberate through the various areas of your life.

## • Get grateful •

Tune into the everyday sources of beauty and goodness in your life (*ggia.berkeley.edu/practice/three-good-things*). Pick up a journal today — and every day, write about *three good things* you encountered.

## • Meditate •

Strengthen your mind. Practice 10+ minutes daily, starting now: 1 — Sit up straight with eyes closed. 2 — Focus your full attention on the feeling of your breath coming in & going out. 3 — Each time your mind wanders (which it will — a million times), just return attention to the feeling of the breath. (+ bonus: sign up for a free vipassana course, at *dhamma.org*.)

## Step 2 — Change the World

“With one kind act you can change the entire world —  
for one person.”

— Thomas Francine

Now that you have a fresh environment...  
Follow our action plan to *Change the WORLD*:

**Daily:** Take one action to *change the world* for yourself.

**Weekly:** Take one action to *change the world* for others.

**Track:** Use the chart on the following page.  
*How many X's in a row can you get???*



### Yourself (daily):

Pick one goal for yourself, and take one small action every day toward achieving that goal.

Use an idea from the previous page for inspiration, or choose your own:

#### • For yourself •

What is your **goal**?

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What **concrete daily action** will lead you to this?

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What do you hope to achieve after **4 weeks** of this daily action?

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### Others (weekly):

At least once every week, also take one action for a friend and/or one action for a stranger.

There are infinite acts of kindness. Below are our favorite recommendations. Circle any that stand out.

#### • For a friend •

Show care to a friend, neighbor, or even a supposed enemy:  
+ treat a friend to a lunch, event, or adventure; + send a personal message of appreciation via card, phone, or email; + give an unexpected gift; + cook or bake food.

#### • For a stranger •

Be selfish — find ways of helping others which you also may enjoy yourself: + What is your passion or expertise? How can you help others with your talents? \_\_\_\_\_

Make a connection: + pack a few meals & talk with some homeless folks; + anonymously pay for the meal or coffee of another customer; + give flowers or compliments to strangers (and attempt to talk, and about more than just the weather — try to understand the world inside the head of the other person).

For best consistency: + volunteer regularly with (or create) a local group. Contact your community's university or church, do an internet search, or use [allforgood.org](http://allforgood.org). Ask questions to ensure enjoyment of any placement. (Or enlist friends for your own weekly activity.)

Go above and beyond: + become a foster parent; + adopt a child; + donate 5—10% of your income to a high-impact charity from [thelifeyoucansave.org](http://thelifeyoucansave.org).

*Success*  
is nothing more than a few  
simple disciplines, practiced  
every day.

— Jim Rohn

# Change the WORLD (for 1 person)

Use this **worksheet** to track your *Change the WORLD* resolutions.  
Mark an **X** in the appropriate location every time you complete an action under this plan.

## For Myself

I will complete this action  
\_\_ out of 7 days each week.  
(recommended: daily)

## For Others

I will complete this action  
\_\_ out of 7 days each week.  
(recommended: weekly)

Start Date: \_\_\_\_\_

### Week 1

M	Y	S	E	L	F	—	



### Week 2

M	Y	S	E	L	F	—	



### Week 3

M	Y	S	E	L	F	—	



### Week 4

M	Y	S	E	L	F	—	



[As you continue, reflect. What is distracting you, and what could help support you as you continue? Look back to *Step 1 — Change your environment* for guidance.]

**Completed 4 weeks?**

**Let us know at: [gogreatergood.com/change-the-world](http://gogreatergood.com/change-the-world)**