

Post-Election Empowerment Plan*

This worksheet is designed to help you stay involved in the issues that are important to you as our civic duty does not stop at the ballot box and the impact of elections does not end once the outcome is certified.

I am feeling:

- relieved
- grateful
- exhausted
- inspired
- frustrated
- hopeful
- fed up
- sad
- overwhelmed
- angry
- confused
- anxious
- _____
- _____

What are some strategies that will help me manage these emotions?

- exercise
- meditation
- spend time with friends
- time outdoors
- laugh
- unplug from social media
- spiritual practices
- _____
- listen to music
- journal
- get creative
- cook
- counseling
- volunteer for an organization you care for
- _____
- _____

What campus offices can help support me?

What is my plan to check-in and support my friends, family, and loved ones?

New/Re-Elected Officials (Click here to find yours)

President & Vice President: _____

US Senator(s): _____

US Representative: _____

State Governor: _____

State Senator(s): _____

State Representative: _____

Local Officials (Mayor, School Board, etc.):

What is my plan to hold these elected officials accountable?

Have the needs of my community changed in light of the election? If so, how?

I am committed to remaining involved with the following causes or organizations:

What are some issues or topics I need to educate myself on? What is my plan to do that?

What are some ways I can use my special skills or talents to make a difference in the broader world?

What future would I like to see, and what steps am I taking today to ensure that future will happen?

I am motivated to become engaged by the following election outcomes:

• _____

• _____

• _____

• _____

Other post election take-aways:
