

## Choosing for Impact Journaling Worksheet

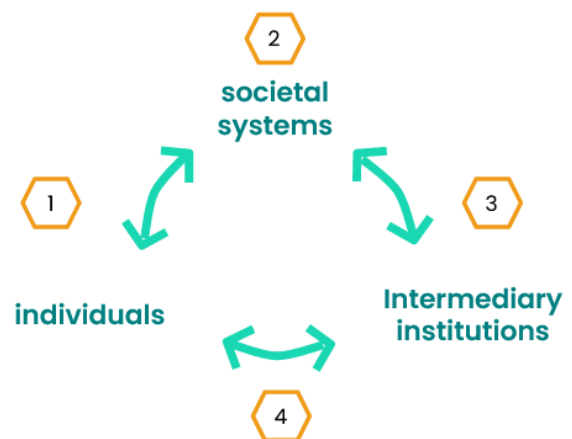
### Intention and how it works

There are different levels at which we can engage our choice: individual; intermediary institutions; for example an organisation; and societal systems.

This worksheet can be used either as a general exploration or to work through a more acute issue that is alive for you.

The diagram on the right illustrates the three levels and flow between them.

The journaling questions below outline the levels and corresponding choice and offer space for you to reflect on each.



**Level 1. Living into my values:** What is it that I deeply care about?

**2. Being strategic:** What's the issue or social system that I want to change - to achieve what I care about?

**Level 3: Stepping into agency:** What are (local) actors and organisations that can truly influence that issue or system?

**Level 4: Remembering my choices:** What can I do to embody my choices authentically?

**Want to dive deeper?**

This worksheet is designed to accompany our article, Reclaiming Choice and Agency in a Networked World. Read the article and access further journaling worksheets [here](#).

Happy reflecting!