



# Connecting the inner and outer

## Purpose

To identify relationships between inner motivations, promptings and resources, and action for change

## Preparation

Print out the three questions enough for one each.

Consider your own answers to them.

## Time

45 minutes

## Materials

Flipchart, pens, post-its, rucksack/bag (or big picture of)

## Related tools

Spirituality, activism & me

## Description

Explain the purpose of this activity. Divide the group into smaller groups of 3-4 and say that you have 3 questions to consider and share.

Reflect in silence before first person shares (creative listening style).

### 1) What ways do I become aware of my inner prompting/ motivation to action?

eg spiritual practice, being in nature, books, inspirational people, friends/ relationships, emotional response (and where that comes from), through action ...

2) How is that linked to action? What do I experience as initiating things - is there a cycle of inner prompting to outer action or outer events prompting inner reflection?

3) How do I sustain my commitment? What keeps me doing this? What inner resources do I call upon?

Invite the group to look at common themes and list together on post-its "resources for the journey"

Feedback: Groups invited to read out their resources as they place them symbolically into a rucksack for their activist journey.





### Debrief

Look at what is on rucksack - comment and analyse with the group, cluster into categories.

What is that saying to us?

What have we learned?

How will we use this on our activist journeys?

Reflect back and summarise what the group has said.

