

## Phil Morton's 5 year plan

Keep my body and my mind in good shape. Foster and nourish my close relationships.

Whatever I do, I don't do it alone. Continue to work on connection.

Become a certified RC teacher.

Discharge old feelings of hopelessness and powerlessness. Act anyway. Don't wait till I think I'm in shape to act. Be ready to make mistakes and get backing to deal with them.

We can multiply our effectiveness by bringing our counseling skills into the wider movement. We have a lot to offer. So, learn how to teach RC in a non-RC setting. Become fluent and comfortable with talking about RC in non-RC settings. Help fellow activists get in better shape. Each one of us can only do so much. But if fellow activists develop RC skills that multiplies what we can achieve.

Discharge early feelings of urgency, so that I can say "Yes it is urgent" in a joyful relaxed tone. "Here we go! Whee!"

Discharge on what it's like to be around scared people. Speak out at the risk of seeming stupid or making mistakes.

Develop skills to recognize who is persuadable (Ian Haney Lopez' term), and where it will take too much time. Develop judgment on when action is more useful than counseling people.

Commit to following the leadership of Native & Indigenous, and PGM, and working class people. They know things that I don't.

Lead a support group on climate.

=====

I wrote this as a draft about 3 years ago. It's taken me several iterations with some attention from my counselors to send this to RCCR.