



I

MOTIVATION
& CORE VALUES
Why We Can't
Settle Down

WHAT IF...

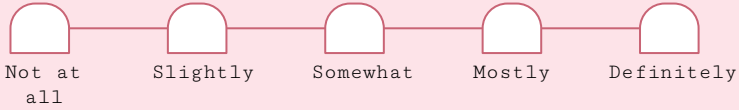
We weighed every decision
against the change we
want to see in the world?

HOW WOULD THIS FREE US?

MOTIVATION & CORE VALUES

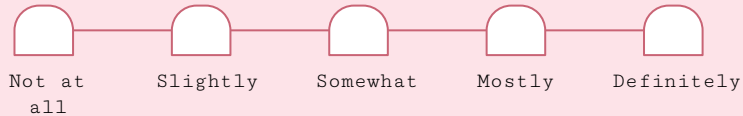
SELF-AWARENESS CHECK-IN

I KNOW **WHICH POSSIBILITIES** I WANT TO CREATE IN THE WORLD



So, which possibilities are you creating?

I KNOW **WHY** I WANT TO CONTRIBUTE TO THE REVOLUTION



And why do you want to contribute toward revolution?

I KNOW **WHICH CORE VALUES** DRIVE ME TO CHANGE SOCIETY



What are your core values?

REVISIT: How have your responses changed since last summer?

MOTIVATION

WHAT DRIVES YOU?

When they are my age, I want my children to be able to...

I want this because...

What motivates me to keep striving for this is...

REVISIT: *How has this changed for you since last summer?*

ANTI-VALUES: PETTY COMPETITION EXAMPLE

Choosing stuffy 'virtuous' lingo is tedious and boring. So here's a way to weaponize our petty compulsion to compete so we can identify our core values.

TWO 'SUCCESSFUL' PEOPLE I
ABSOLUTELY DETEST

Robert T. Kiyosaki, Scarlett Johansson

What do they BOTH do that pisses me off?

Advance their personal careers & accumulate social power without considering who they are fucking over in the process, then justifying their abuse of power ('everybody does it,' 'I'm helping MY people') so they don't have to work on a better way.

Values we might share:

Responsibility to care for our families

Determination & hard work

Values we disagree on

Hard work for individual gain vs. collective good.
Refusal to take responsibility. Defensiveness instead of curiosity. Accepting status quo (laziness) instead of directing effort to create collaborative liberation.

ANTI-VALUES: PETTY COMPETITION YOUR TURN

Choosing stuffy 'virtuous' lingo is tedious and boring. So here's a way to weaponize our petty compulsion to compete so we can identify our core values.

TWO 'SUCCESSFUL' PEOPLE I
ABSOLUTELY DETEST

What do they have in common that pisses me off?

Values we might share:

Values we disagree on

REVISIT: How has this changed for you since last summer?

ANTI-VALUES: PETTY JUDGEMENT EXAMPLE

Choosing stuffy 'virtuous' lingo is tedious and boring. So here's a way to weaponize our petty compulsion to judge others to identify our core values.

WHAT COMMON HUMAN BEHAVIOR
DRIVES ME UP THE WALL?

Gas-powered cars idling when not actively driving or holding a vulnerable person in extreme weather

How do people who do this justify their behavior?

Laziness? Ignorance? Disbelief in climate change? Darwinism against folks with breathing disabilities?

Values that drive me to avoid this behavior:

I believe everyone has the right to clean air.
I believe we have a responsibility to care for shared natural resources (air, earth, water).
I find laziness & inconsiderate behavior repulsive.*

**Notice that I can't back up my repulsion with a deeper belief - a sign it's a cultural bias, not an innate personal value. We'll unpack that in [caper 3](#).*

Values that drive them to keep doing it:

Valuing personal comfort & pleasure over other people's safety.

ANTI-VALUES: PETTY JUDGEMENT YOUR TURN

Choosing stuffy 'virtuous' lingo is tedious and boring. So here's a way to weaponize our petty compulsion to judge others to identify our core values.

WHAT COMMON HUMAN BEHAVIOR
DRIVES ME UP THE WALL?

How do people who do this justify their behavior?

Values that drive me to avoid this behavior:

Values that drive them to keep doing it:

REVISIT: *How has this changed for you since last summer?*

WHY WE BECOME ACTIVISTS

When our core values don't align with
the cultural norms of society.

+

We hold the core value of personal
responsibility for our shared human
experience.

WE FEEL COMPELLED TO INTEGRATE OUR
PERSONAL VALUES INTO THE NORMS OF
SOCIETY.

VALUES: THE CHANGE WE SEEK

WHAT HARM ARE WE RUNNING AWAY FROM? WHAT HEALING ARE WE RUNNING TOWARD?

There are no wrong values. How is your activism motivated by your personal aversions and attachments?

I WANT TO
AVOID

I WANT TO
SEEK

Examples:

Fault, blame, failure, perfection, 'the right way', improvement, goodness, corruptness, integrity, imbalance, balance, anger, serenity, being unloved, being loved and needed, knowing you are wanted, pride, humility, worthlessness, to feel valuable, unconditional worth, acceptance, deceit, truth, authenticity, despair, hope, insignificance, ordinariness, uniqueness, originality, misunderstanding, understanding, feeling understood, envy, confidence, ignorance, incompetence, mastery, exhaustion, respite, helplessness reliance, autonomy, detachment, agency, determination, self-determination, greed, clinging presentness, magnanimity, contentedness, insecurity, security, support, safety, confusion, guidance, clarity, certainty, arrogance, faith, courage, discomfort, pain, happiness, pleasure, feeling trapped, liberation, freedom, experience, wisdom, scarcity, deprivation, abundance, isolation, connectedness, belonging, gluttony, sobriety, weakness, vulnerability, violation, strength, protection, purity, guardedness, vulnerability, openness, chaos, conflict, control, order, peace, loss, fragmentation, separation, wholeness, laziness, sloth, action, production

REVISIT: How has this changed for you since last summer?

RAISINGLUMINARIES.COM

ANTI-VALUES: Example

LET'S GET GROUCHY: HOW DO CULTURAL ASPIRATIONS DIFFER FROM YOUR OWN?

INSTEAD OF:

*People care too damn much
about...*

*Supremacy, superiority,
righteousness, the 'right
way'*

*Waterfalls, designer
handbags, indifference*

*Obtaining more, getting
bigger, taking over,
capitalism*

*Purity, binaries, discrete
categories, 'goodness,'
being nice, golden rule*

*Punishment, revenge,
intimidation*

I WANT TO SPEND THAT
ENERGY ON:

*People care too damn much
about...*

*Lifting each other up,
distributing power,
celebrating others success*

*Courage, taking on
challenges, mischief,
resilience, determination,
experimentation*

*Narrowing our focus,
reducing, curating
mindfully*

*Curiosity, inclusion,
accessibility, kindness*

*Understanding, trust,
interdependence*

ANTI-VALUES: Your turn

LET'S GET GROUCHY: HOW DO CULTURAL ASPIRATIONS DIFFER FROM YOUR OWN?

INSTEAD OF:

*People care too damn much
about...*

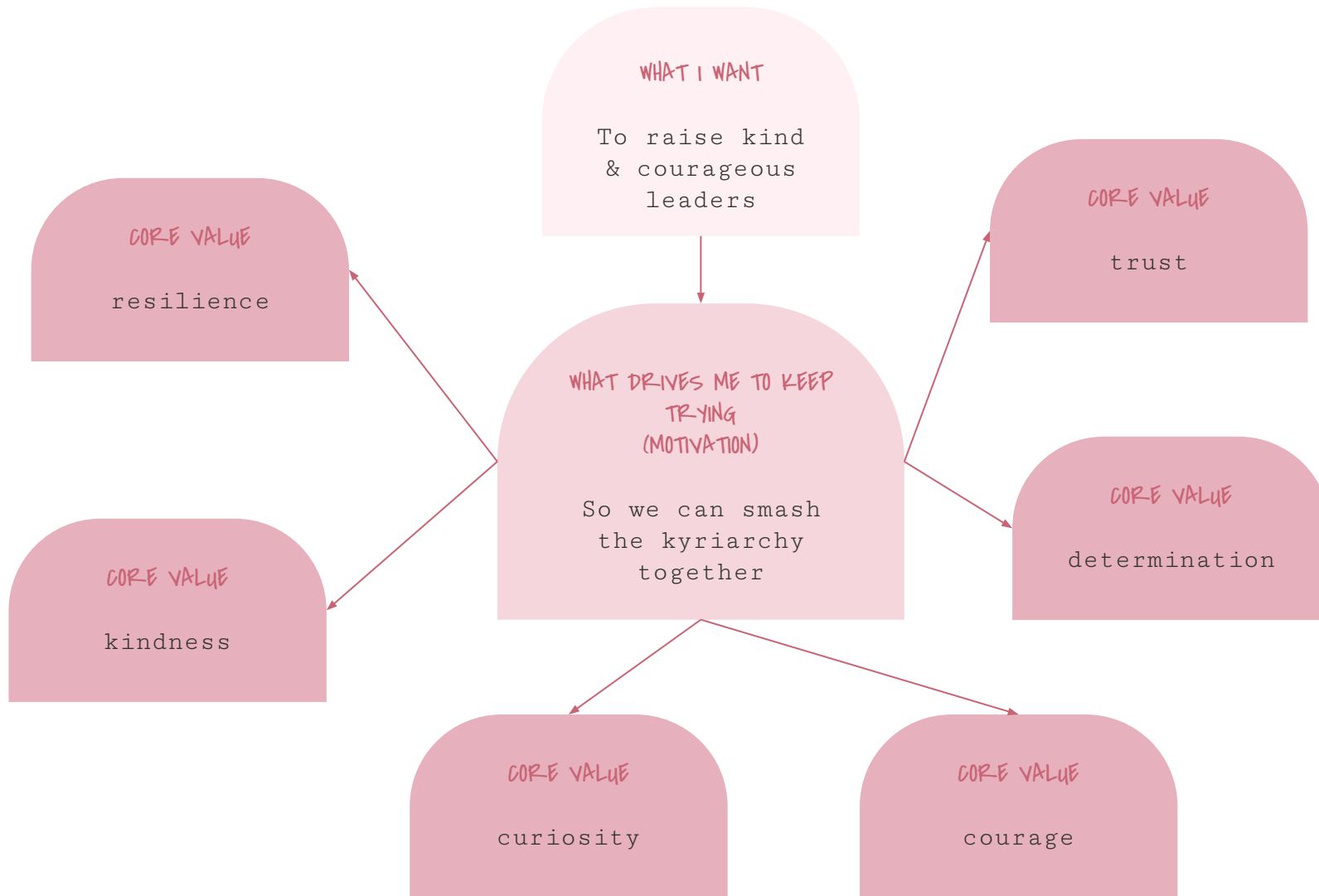
I WANT TO SPEND THAT
ENERGY ON:

*People care too damn much
about...*

REVISIT: *How has this changed for you since last summer?*

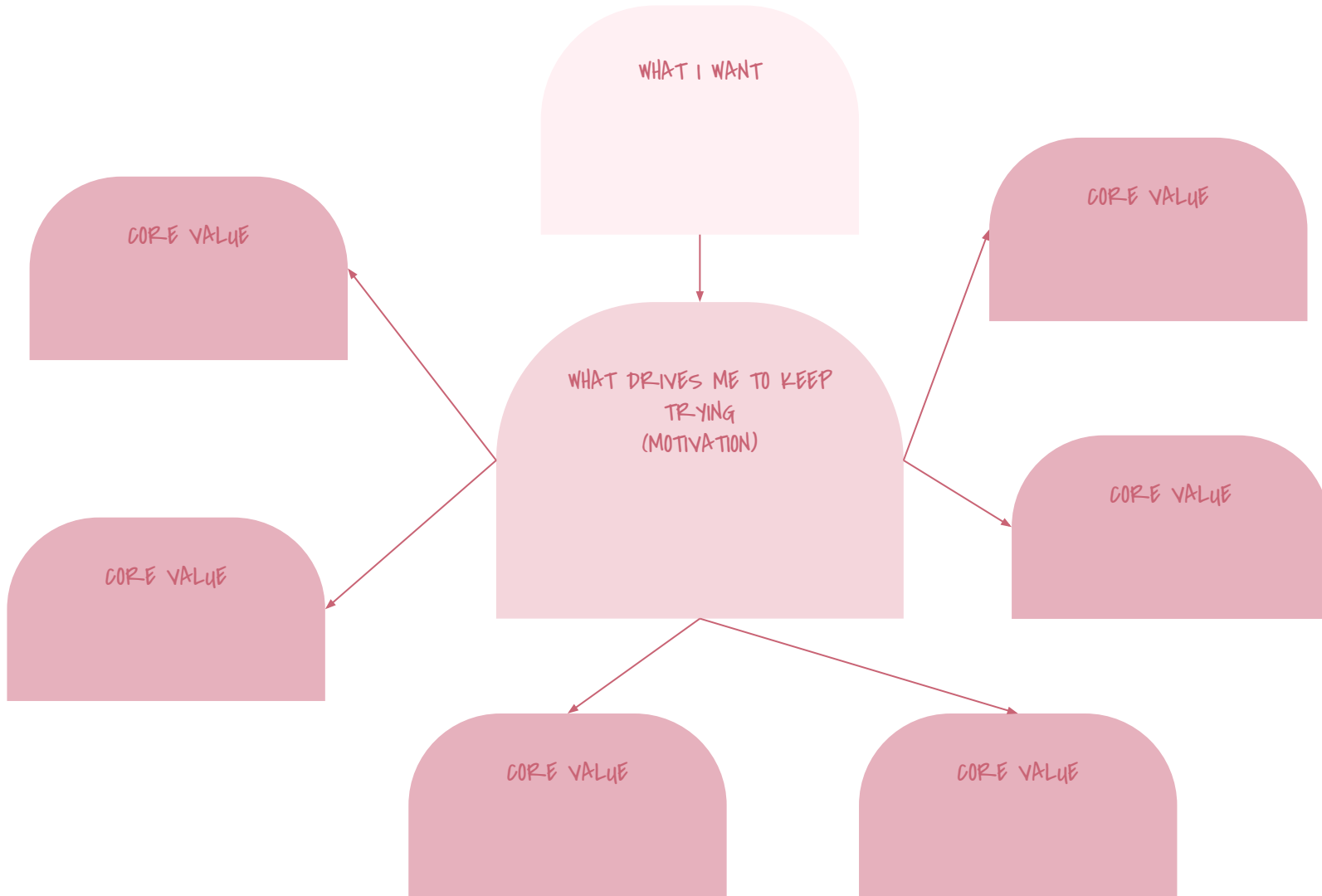
MOTIVATION to VALUE MAPPING: EXAMPLE

WHAT TRAITS DO YOU VALUE EVEN WHEN THOSE AROUND YOU DON'T?



MOTIVATION to VALUE MAPPING: YOUR TURN

WHAT TRAITS DO YOU VALUE EVEN WHEN THOSE AROUND YOU DON'T?



REVISIT: How has this changed for you since last summer?

HUBRIS REALITY CHECK: How can we dig deeper into this?

I know you're excited, but YOU CAN'T DO IT ALL. Better to explore one idea for a day than take on too much - or get stuck ruminating on details

EXAMPLE: What I wanted to explore but didn't have time for this summer:

Fishbone diagram to map what inspired each core value - norms in your culture of origin? Formative experiences? Trauma? Receiving act of kindness? Faith? A class, article, or book? Sesame street? A gut reaction?

Create a venn diagram of which core values align with your wider culture and local communities. Really drill into the core values that run counter to those around us and use those to develop action ideas and futures visioning in later chapters.

Journaling: What does it look like to put each core value into action in your daily life?

YOUR TURN: Ideas & action I can revisit & dig deeper into next summer:

I will revisit this guidebook on _____ and set a reminder on my _____

To Review

To Decide

To Take Action

REVISIT: How has this changed for you since last summer?

CAPER 1: MOTIVATION PACT

Create a PACT to stay focused on the motivation & core beliefs that drive your activism

Hint: Draft your first idea, then make it simpler. No. Simpler. Uh-uh. Waaay easier than that. Make it so ridiculously low-effort you feel a little silly.

P	PROMISE to follow through with a specific person	_____ _____
A	ACTION you can track with a simple Yes/No	_____ _____
C	CAPACITY within your ability and control - regardless of outside influences	_____ _____
T	TEMPORARY time frame with triggers and deadlines. Not forever, just for now.	_____ _____

Example:

I promise to my fellow the members of our Summer collective...
 ...that I will jot a quick list of my core values
 ...on a post-it note and place it in my sock drawer where I will see it every morning
 ...for the duration of our 6 week accelerator.

GREAT JOB.

Now take a breath

+

move your body.