

1) Inner Alignment - Consciousness → Criteria

- Vision Anchor (one sentence that names your intention):

- Top 3 Values (and how they show up in action):

- 3Cs Alignment (Community, Consciousness, Co-Creation) – what do they mean in your context?

2) Community Mapping - People, Places, Assets

- Allies (3–7 people/orgs to invite):

- Existing Efforts (projects you can join/augment):

- Audiences & Channels (where your people already gather):

3) Opportunity Brief - From Problem → Promise

- Challenge Statement (1–2 sentences framing the need):

- Promise (what better looks like, for whom):

- Success Signals (3 measurable outcomes in 30–90 days):

4) 30-Day Micro-Project - Your First Move

- Goal (specific, doable in 30 days):

- Roles & Rituals (owner, supporters, weekly check-ins):

- Risks & ADE Checkpoints (avert & de-escalate plan):

5) Reciprocity - Offers / Asks & Next Steps

- My Offers (skills, assets, introductions):

- My Asks (resources, feedback, collaborators):

- Next Step (commitment + date):
