

WORKSHOP: A MANIFESTO OF TINY COMMITMENTS

If you don't like something, change it. If you can't change it, change your attitude.

– Maya Angelou

Changing the world is hard. Sometimes it feels impossible. But what if we start small? Maybe that's still too big, let's start tiny. What tiny commitments can you make in your day-to-day life that will make the world a tiny bit better?

EXERCISE

You can either do this in silence or put on a favourite piece of music (instrumental is best).

Spend **five** minutes thinking about the things that matter to you and the things that make you happy. Think about the environment, on both a personal and a global level. What is the difference you want to see in the world?

Spend no more than **ten** minutes in total writing down:

- five things that bring you joy
- five places that you love to visit/spend time in
- five things that you'd like to do differently
- five things that you've always wanted to do

You might not be able to come up with five things, that's fine. You might want to write down more than five, that's fine too. This is your manifesto, so anything goes.

Once you've written your lists, use them as the raw materials to build your own **Manifesto of Tiny Commitments**. You can do this in a group or on your own.

Try creating a refrain by starting each commitment with 'I will...' or 'I stand for...', 'I choose...' (or some other phrase that signifies your intention). Take as much time as you need. Your manifesto might contain dozens of tiny commitments or it might be a single commitment. The main thing is to write a manifesto that you can stick with.

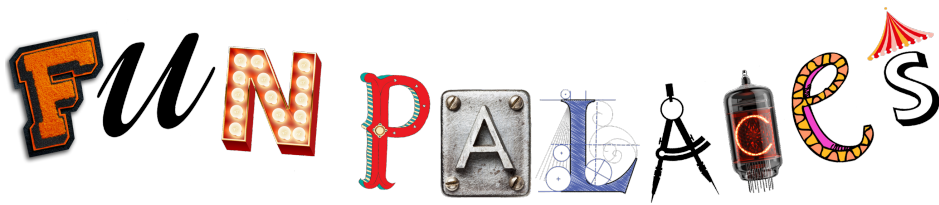
Share your manifesto!

Finally, think about how you would like to share your manifesto. Maybe you could write one of your commitments in chalk outside your home or create a poster and put it up in your window. How about sending a copy to your family & friends inviting them to create their own manifesto?

If lots of us make these tiny changes, it might just add up to something big.

The greatest danger to our future is apathy.

– Jane Goodall



CREATE YOUR OWN MANIFESTO OF TINY COMMITMENTS FUN PALACE

Writing your own personal manifesto can create small changes but if you want to take things a tiny step further, why not build your own Fun Palace and create a collective Manifesto of Tiny Commitments? Imagine the changes we can achieve if we work together!

Ask your neighbours, family members, friends or co-workers to get involved. Use my workshop to work together to create a manifesto of commitments that you can all support each other to keep. Or come up with your own method of writing a manifesto.

You can write as many or as few commitments as you want. You can make a poem or a song, or a set of instructions for living a kinder, happier life. Bounce ideas off each other and come up with something that works for your Fun Palace.

Once you've written your manifesto, share it with the Fun Palaces community online.
[#tinymanifestos](#) [#FunPalaces](#)

Other ways to share your collective manifesto:

- Practice your hand lettering and make greetings cards with lines from the manifesto and deliver them to your neighbours
- Chalk it on the pavement outside your home
- Write your favourite commitment on a postcard and send it to a friend
- Make a poster
- Put it on Instagram
- Set it to music!

ALREADY MAKING A SOCIALLY DISTANCED FUN PALACE?

You're already most of the way there! Simply collect tiny commitments from the people participating in your Fun Palace and collate them to create a collective manifesto.

They can be written or verbal, tweeted or cross-stitched. Whatever fits in with what you're already doing.

Once you're done, share your collective Manifesto of Tiny Commitments with the Fun Palaces community online. Or why not create a poster and put it up in your window?

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