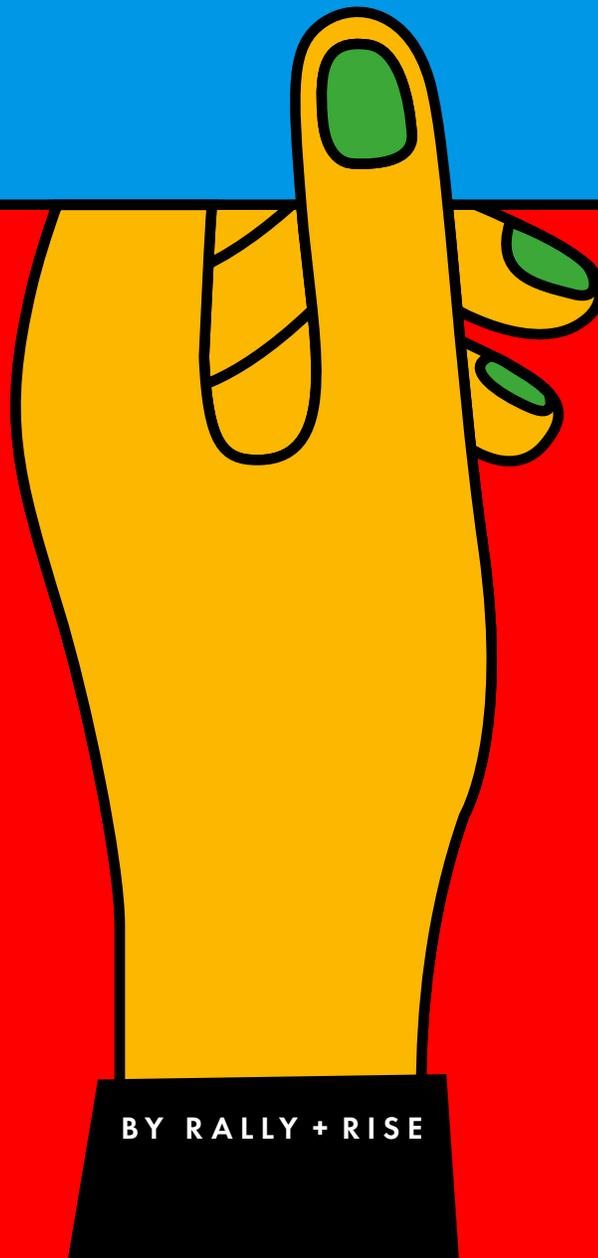


The #NoRegretsNovember Workbook

Part 1: Get Accountable



BY RALLY + RISE

What is No Regrets November?

Remember how you felt the morning after the 2016 election? Like the worst hangover...ever.

We don't want you to feel that way again this year. We want to know that we did our part to stop Trump, flip the Senate, and elect as many progressive candidates up-and-down the ballot as possible. (Hangovers should be from celebratory champagne.)

With less than 100 days (and counting!) until the November 3 election, we're doing the work now to ensure we have a #noregretsnovember.

THE GAME PLAN: Every month—from now until November—we'll be focusing on a new action we can take to identify, support and elect progressive candidates who will actually help us make change. Some might push you out of your comfort zone. It can be intimidating, we know—that's why we're doing this together.

To help you get through it, we've launched a series of monthly workbooks. (you've got one in your virtual hands!) This will lay out the steps to take during the month—so you can track your progress (or hold yourself accountable). When in doubt, reference the workbook and take action in some way.

THE TIMELINE:

August: **Get accountable**

September: **Get registered**

October: **Get talking**

November: **Get voting**

BTW: This workbook is created with election activism in mind, but many of the prompts can apply to whatever issue you're focused on. So hi! Welcome! We're super excited that you're here and looking to get involved in something that's important to you.

So, who's ready for a #noregretsnovember? Let's do this!

Get Accountable

We're **less than 100 days** out from the election. It's one thing to commit to taking action to elect more progressive candidates, but it's another to actually make it happen. We get it. That's why, to kick things off, we're all about focusing on accountability.

AUGUST						
SUN	MON	TUES	WED	THURS	FRI	SAT
2 <input type="checkbox"/>	3	4	5	6	7	8
Week 1: Establish your commitment						
9 <input type="checkbox"/>	10	11	12	13	14	15
Week 2: Look local						
16 <input type="checkbox"/>	17	18	19	20 75 days to the election!	21	22
Week 3: Check out the bigger picture						
23 <input type="checkbox"/>	24	25	26	27	28	8
Week 4: Make your list—and get on theirs						
30 Take a break!	31					

Get started 

#NOREGRETNOVEMBER: GET ACCOUNTABLE

Come up with your accountability plan—determining what you can commit to, how you'll make it happen, and who can help hold you to it. We also want to be accountable to the candidates we'll be supporting—knowing what they believe in, who they'll fight for, and why they deserve to be elected.

The accountability plan you come up with this month will be crucial down the line, when work/family/life gets in the way. (And because we know you're busy, we've broken it out into weekly exercises. But if you want to do it all in one fell swoop? That's cool too. You do you.)



Week 1: Establish your commitment

Staying motivated

First things first, Let's get down to the **why** of you getting active. This might seem basic, but grounding yourself in what's motivating you to make this commitment right now will help to keep you committed later.



YOUR TOP ISSUES: List three issues that are important to you that could be impacted (for better or for worse) by the November 2020 election.

- 1.
- 2.
- 3.

Why are these issues important to you?

Who is affected by these issues?

What's your goal for taking action around the election?

How do you want to feel on the morning of November 4?

TIP:

Come back to these issues—and the people affected by them—when you find your energy's lagging.

Building a habit

Now, let's figure out **how** you can make activism part of your routine. There are things in your life that you do regularly—running, baking bread, brushing your teeth (um, we hope), whatever. These are activities that you've made the conscious decision to carve out time for. We can think about activism in the same way, and use our current habits and hobbies as a tool for creating new ones.



Think about a hobby that's important to you—how have you made this a regular part of your life? Are you scheduling time for it? Have you joined a group that has deadlines? Is it part of your routine? Jot down three things you've done that have made you more committed to this.

- 1.
- 2.
- 3.

From that list, what can you apply to your election activism to ensure that it becomes part of your regular routine?

Making time

Time: It's not unlimited. So figuring out how much time you're spending on what in a 24-hour (or 7-day) span helps you create guardrails for it. Don't be afraid to get specific here.



How much time are you willing to commit to election activism?

Every day/week/month [circle one] I will spend ____ amount of time on election activism.

REAL TALK: There's only so much time in the day. What are you willing to scale back on so you gain time for election activism instead? Let's get specific—look at how much time you're committing to activism in the previous question, and figure out how much time you'll need to cut out to make that happen.

Benefiting from the buddy system

Just like the government, having a checks-and-balances system is extremely helpful. (Just ask anyone with a workout buddy.) You've made a commitment to get active for the election, now you just need to plan for how you'll hold yourself accountable. What will help you keep up your commitment?



MOST MOVITATING? Rank the options below.

- ___ Signing up for things (organizations, meetings, volunteer activities, etc.) means I'll actually follow through
- ___ Posting on social media what I'm planning on doing means I've gone public with my commitment
- ___ Scheduling blocks of time to take action means I'll have a regular reminder
- ___ Having a group of friends to take action with means I'll get instant accountability
- ___ Creating a self-reward system ("No Netflix until I finish this week's action," for example) means I'll be incentivized to take action

BETTER TOGETHER: No matter what your top pick was in the previous question, it's crucial to find an activist buddy—someone who will check in with you, who will talk through the things you're dealing with, and who will hold you accountable to the commitments you've made this month. Who is yours?

Once you've landed on an accountability buddy, establish what you need from each other. (Is it weekly check-ins? Volunteering together? A gentle nudge or a more firm "dude stop slacking"?) Your needs might be different, so make sure you get on the same page.

I need my accountability buddy to _____ and _____.

They need me to _____ and _____ in order to hold them accountable.

BONUS POINTS: Share your accountability action plan on Instagram, and tag your buddy and @rallyandrise

MATCH MAKER:

Don't have an activist buddy yet? Recruit one! Still don't have one? DM us @rallyandrise on Instagram and we will match you with a new activist BFF.

Week 2: Look local

Who's who

Knowing who's on your ballot in November is a no-brainer—you might not end up volunteering for these candidates, but you *will* eventually be voting for them.



STEP ONE: Look up your sample ballot.

Not sure how to do that? You can start by googling “[your town/city/state name] sample ballot 2020” and see what comes up. Your state’s Board of Elections may have a sample ballot available. There are also some websites that offer up this service (in New York City, for example, there’s whosontheballot.org). Still can’t find anything? When in doubt, try ballotpedia.org/sample_ballot_lookup. Although they don’t always list every single race, it’ll help you get oriented.

ballotpedia.org/sample_ballot_lookup

Note: A handful of states don't have their state primaries until August (or September—why so late, Delaware, Massachusetts, New Hampshire, Rhode Island?), which means you might have a few more candidates to research this month. But you'd be doing that anyway before voting (right?!), so now is the perfect time to get started.

STEP TWO: Once you’ve found your sample ballot, write down each Democrat or progressive candidate who will be on your ballot (parties differ from state to state). Use the chart on page seven. This is the list of people you’ll be researching this week.

STEP THREE: Do your research. What should you be looking for, exactly?

- **Their platform**—the issues they believe in, the bills they would introduce or vote for, etc.
- **Their background and experience**—and no, it doesn’t have to be the “traditional” (whatever that means) politician’s resume; from nurses and teachers to bartenders, these experiences all inform their perspectives and might help them understand certain issues differently than the average pol.
- **Their endorsements**—check to see if they’re already backed by people or organizations with opinions you trust.
- **Their debates**—even local races often have debates posted online, and watching them will give you a sense of a candidate’s ability to make the case for their platform.
- **Their campaign contribution position**—and whether they’re accepting money from corporations, real estate lobbies, or other groups that might influence them.

Shortlisting

Now that you know more about each candidate, it's time to identify your top choices.



YOUR TOP ISSUES: Remember that list of top issues you came up with last week (on page two)? Pull those back out. Who on your list of candidates seems to be passionate about the same issues you're passionate about?

Using the chart on the next page, put a check mark in column 1 for all the candidates who share your views on that issue. Repeat for issues two and three, using columns 2 and 3.

REPRESENTATION: Whose point of view is most needed in your community at this moment? Put a check in the POV column next to their name(s).

GUT CHECK: Who's most inspiring to you? (This is where debates, campaign videos, and even tweets can be useful, if you can't interact with them virtually.) Put a check in the GUT column next to their name(s).

Who's ticked off the most boxes? These are your top local candidates. Let's write them down:

- 1.
- 2.
- 3.

CHECK IN:

Say "hey" to your accountability buddy, and maybe share one local candidate who you think is really awesome.

Week 3: Check out the bigger picture

You've now got a sense of the local landscape. This week let's take a step back and dig into key races happening across your state and around the rest of the country.

U.S. Senate

That thing you hear? It's buzz around Democrats regaining control of the Senate in 2020. For a while, it looked like a longshot, but now there are a handful of promising candidates who could pry control out of Mitch McConnell's ~~turtle-claws~~ hands. Here's the list:

- Arizona: Mark Kelly
- Colorado: John Hickenlooper
- Georgia: Jon Ossoff (+ an open special election)
- Iowa: Theresa Greenfield
- Maine: Sarah Gideon
- Montana: Steve Bullock
- North Carolina: Cal Cunningham

U.S. House of Representatives

There's also the U.S. House of Representatives. This is a two-year gig, meaning that every. single. representative. is up for re-election—and lots of opportunities to flip seats and get more progressive leaders to Washington. Even if your own district's candidate is a lock, there could be other districts nearby that could swing one way or another. The Cook Political Report has the most-up-to-date ratings for the House (specifically the races listed under Democratic Toss-Up or Republican Toss-Up).

READ MORE: [The Cook Political Report | 2020 House Race Ratings](#)

State legislatures

It's also a verrrry important year for state legislatures; whichever party gains control in 2020 also gains control of their state's once-every-10-years redistricting process.

REMINDER: Redistricting "can influence who wins elections, how political power is distributed, which communities are represented, and, ultimately, which

laws are passed," according to the Brennan Center. It's why in North Carolina, for example, Republican state House candidates secured only 48.8% of the two-party statewide vote but somehow won 54% of the seats, thereby gaining "majority" control.

Here's the list of state legislatures that can flip to Democrat control in 2020:

- Arizona
- Florida
- Georgia
- Iowa
- Michigan
- North Carolina
- Ohio
- Pennsylvania
- Texas
- Wisconsin

READ MORE: [Swing Left | Super-states Brennan Center for Justice | Redistricting in 2021 LA Times | Redistricting power is at stake in the 2020 legislative elections](#)

Municipal races

Last but definitely not least, there are local races in your state—ones that might be outside of your district and probably aren't getting a lot of attention, but have direct control over issues related to policing, criminal justice, community funding, and more. Think mayor, district attorney, sheriff or school board. If you're focused on racial justice rn, a lot of movement within your state can happen here. Ballotpedia lists the municipal races happening in the [100 largest cities in 2020, broken out by state](#).

Pick a race and take action ►

Pick your battles

Of these four groups of important races—U.S. Senate, U.S. House, state Legislature, or state municipal seats—which seems most important to you? *This isn't a right-or-wrong answer type of thing—it's really all about which gets you excited and motivated.*



WHO'S RUNNING: Whichever group you select, you'll want to do a little digging to come up with a list of candidates to research.

- **For U.S. Senate**, work off of the list of states on the previous page and write down the names of those seven candidates.
- **For U.S. House or state municipal seats**, click through the links on the previous page and compile a list of those candidates in your state.
- **For state legislature**, our rec is to pick a state from the 10 listed on the previous page and google "key races in [state name] in 2020" to come up with a list of the most important state legislature candidates.

SHORTLIST: Just like last week, for each candidate on your list you'll want to look up: their platform, their background and experience, their endorsements, their debates, and their campaign contribution position. Who stands out to you? These are your top non-local candidates. Let's write them down:

- 1.
- 2.
- 3.

CHECK IN:

Send your accountability buddy an emoji that best conveys how you feel about the candidates you researched this week.

And while you're at it, share which group of races—Senate, House, state legislature, or state municipal—you're feeling most motivated by.

Week 4: Make your list—and get on theirs

Pick your candidate

The first three weeks of this month were all about planning and researching, which seems really boring (activism = action, right?). But in many ways, it's the most important part. If you're going to be spending the rest of this fall helping get certain candidates elected, you need to know about them. Not, like, be BFFs with them but at least have a sense of what key issues are motivating them—and what's motivating you to volunteer for them.

This week, you're gonna figure out which candidate(s) you're willing to go to the mat for. And then... you're gonna get active!



GOOD ENOUGH: First, let's quickly dispel one myth: There's no such thing as a perfect candidate. But finding a candidate (or candidates) who you believe in, who you think will make informed decisions, who you see as having the best interests of their community in mind? That's what can help build a government for the people. And if you can find your own personal connection to the work they're doing, then it's easier for you to convey that enthusiasm to a stranger who needs to be convinced to vote for them, too. *BTW at some point this fall you'll be interacting with strangers—surprise!*

YOUR PICK: Of the list of candidates you've created in week one and week two, pick one that really excites you. Who is it?

What do you find exciting about their candidacy?

What part of their platform resonates with you the most?

Why/how do you think it will help out the community?

If elected, what is one really awesome thing they could be a part of passing?

YOUR NORTH STAR:

Later, when things get busy, come back to this. **This** is why you're volunteering for this candidate. **This** is how you'll make it personal when you talk to strangers about why they should vote for them.

SUBSCRIBE: Now here comes the easy part: Sign up. Head to the candidate's site and find the volunteer sign-up page. Someone should be in touch with you shortly about opportunities. In the meantime, follow them on your favorite social media channels.

BONUS POINTS: Donate to their campaign, if you have the financial resources to do so. Especially in local races, something as small as \$20 can make a huge difference.

Still undecided?

Of these four groups of important races—U.S. Senate, U.S. House, state Legislature, or state municipal seats—which seems most important to you? *This isn't a right-or-wrong answer type of thing—it's really all about which gets you excited and motivated.*



LOCAL VS. NATIONAL: Not sure how to decide between local and non-local races? This is your gut check moment. Flip back to page two, where you listed the issues that were most important to you and the people who are most impacted by them; this is your activism **why**, aka why you're taking action.

From the races and candidates you researched this month, who can best support these issues? Who can have the biggest impact on the communities you want to help? Who will most inspire you to do the work this fall?

MORE THAN ONE: Want to volunteer for more than one candidate? Very doable. Repeat the "north star" exercise on page 10 for each candidate you're interested in supporting. Just keep in mind the time commitment you made at the beginning of the month. If you committed to, say, three hours of activism a week, you might decide to split that time up across three different candidates (so you're spending one hour a week on each candidate). Time is your activist currency, so budget accordingly.

CHECK IN:

Tell your accountability buddy which candidate(s) you signed up to volunteer with, and why you're most excited about their candidacy.

Consider sharing on social media too!

RALLY + RISE #NOREGRETSNOVEMBER WORKBOOK

Next: Get Registered

Next workbook launches September 1, 2020

More info: rallyandrise.org Follow: [@rallyandrise](https://twitter.com/rallyandrise)