

You care about this country and you're worried about it. This year you've been afraid that the problems are too big. Here are **50 things** anyone can do to increase American strength and resilience in the face of these problems.

TAKE A PLEDGE

- 1 Listen First.
- 2 Peace is Possible.
- 3 Pro-Truth Pledge not to forward mis-information; or the UN-sponsored Pledge to Pause.
- 4 Preventing Political Violence.

RETHINK THE ARGUMENT

- 5 Think about politics outside of left vs. right and see where you fit.
- 6 Take More in Common's Perception Gap Quiz to measure your perception against the reality.
- 7 Recognize divisive speech using the Dignity Index.

BURST YOUR NEWS BUBBLE

- 8 Seek out good news to balance out the despair with Fix the News.
- 9 Sign up to unbiased the news with All Sides.
- 10 Sign up for Tangle for arguments from across the political spectrum the day's news.
- 11 Sign up for The Flip Side(\$).

BUILD YOUR SKILLS

- 12 Earn a digital badge from the Bridging Divides Badging & Microcredential Program.
- 13 Practice talking a cross difference with a Bot.
- 14 Have more productive arguments with the Better Arguments Project.
- 15 Talk to someone different than you or be a "book" for The Human Library.
- 16 Host a discussion in your living room with Living Room Conversation.
- 17 Check out the Peacemaker's Toolkit to help a friend going down the rabbit hole of hate.
- 18 Practice the ABCs of Constructive Dialogue during the National Day of Dialogue.

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19 Address polarization in your life with the [30-day Polarization Detox Challenge](#).

20 Get trained in bystander intervention at [Right to Be](#).

STOP THE SPREAD OF DISINFORMATION

21 Test your ability to tell [AI-generated](#) versus [real people](#) and other [deep fakes](#).

22 Learn the [tactics of propaganda](#) so that you can avoid it.

23 Learn from Google and Meta execs [how to combat fake news about the election online](#).

THINK NATIONALLY, ACT LOCALLY

24 Host a Love Anyway Feast as an [individual](#) or [organization](#).

25 Host a [bridging film screening and dialogue event](#) in your community.

26 Join a [More Perfect Union](#) chapter and build houses in your community.

27 Attend a [Braver Angels](#) event and make some friends across political divides.

28 Join the movement for [Truth, Racial Healing and Transformation](#).

29 [Team Up With Us](#) to build connections across differences in your community.

GET INSPIRED

30 Check out [The Village Square's UNUM series](#) and [Village Square Cast](#) for hope and wisdom. Watch [Dialogue Lab: America](#) to see the power of dialogue in action.

31 Get inspired and access practical tools with the [Builders](#) social media channels and newsletter.

32 Watch [Dialogue Lab: America](#) to see the power of dialogue in action.

TAKE YOUR PLACE IN OUR DEMOCRACY

33 Register to vote.

34 Sign up to be a [poll worker](#) or a [poll watcher](#).

35 Thank an [Election Official](#) for their heroism.

36 Call on our politicians to [address polarization](#).

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37 Protest [peacefully and creatively](#).

GIVE THEM SOMETHING TO TALK ABOUT

38 Write a thank you for a smooth election, [like this guy](#).

39 Write a letter to the editor about who is doing good work to bring people together.

40 Check out stories from others, and record your own at [One Small Step/Storycorps](#).

CHAMPION UNIFYING CANDIDATES

41 Check out the [Common Ground Scorecard](#) to see how candidates are building peace while debating on issues.

42 Ask [your own House representative](#) to join the [Fix Congress Caucus](#).

ARE YOU SOMEONE SPECIAL?

43 **You're a student** → Join [BridgeUSA](#).

44 **You're a veteran** → Join [Vet the Vote](#), [More Perfect Union](#).

45 **You're a teacher** → Connect your students with [Mismatch](#); use the [3Cs Classroom Curriculum](#).

46 **You're an activist** → Learn more about [non-violent activism](#).

47 **You're a journalist** → Join the [Solutions Journalism Network](#).

48 **You're a person of faith** → Join [Interfaith America](#), [The \(Re\)union Project](#), or One America Movement's [Matthew 5:9 Fellowship](#); support elections as a faith leader.

49 **You're a business leader** → Join the [Leadership Now Project](#) or [Rebuild Congress Initiative](#).

50 **You're involved in the democracy sector** → Join the [TRUST Network](#).