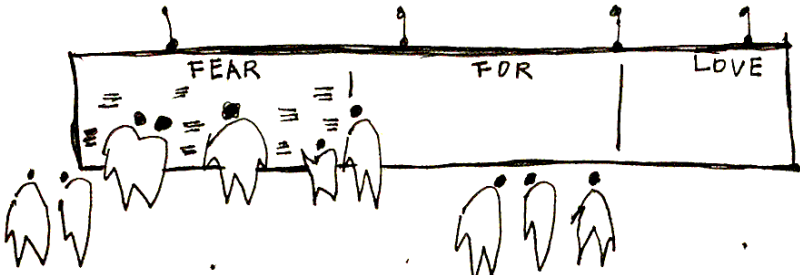


# FINDING WHAT YOU'RE FOR FACILITATION GUIDE



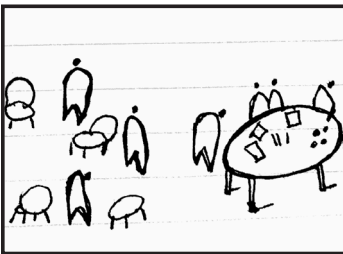
*from A People's Pathway to Equity: A Learning Guide  
by 400 Years of Inequality*

pp2e.org

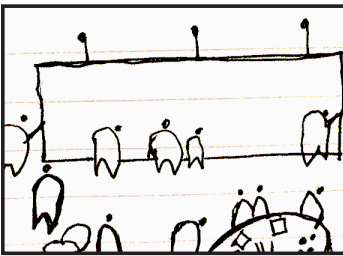
# PREPARATION

## Space set-up recommendations:

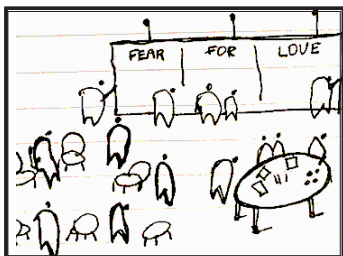
In this activity it can be helpful to encourage movement from the space where participants reflect to the space where there will be more group work. One configuration that can work is:



Set up a table for reflection with individual papers and pens.



Hang a large piece of paper on a nearby wall or on a separate table.



Divide this large paper into three columns labeled: "Fear" "FOR" & "Love"

**Recommended time:**

30 minutes - 1 hour

**Materials:**

pen and markers,  
paper or notebook for personal reflection,  
large paper,  
tape/push pins  
(optional, for putting large paper on the wall)

**Opening:**

Welcome the group with any set group processes you normally use.

If this is the first time the group is meeting, spend some time beforehand introducing one another and getting to know each other.

A helpful ice-breaker you might use is:

- What is one of your values?
- Where did you learn it?
- How do you express it in your life?

Introduce this activity to your group in a way that works for you. You could:

Reference the materials in Chapter 3 of the People's Pathway to Equity site and read that text aloud, or watch the programmatic tree video.

([PP2E.org/fwwf-introduction](http://PP2E.org/fwwf-introduction))

Read an excerpt from the "Finding What We're FOR" section of *Urban Alchemy: Restoring Joy in America's Sorted Out Cities* or a passage from a text that is important to your group.

# ACTIVITY: PART 1

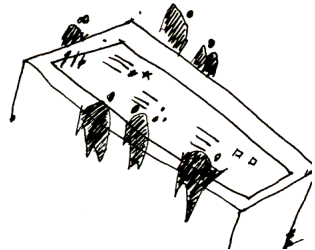
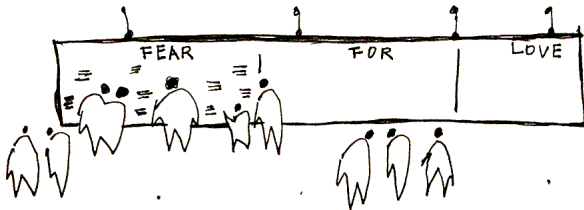
Let the participants know they will be moving between individual reflection and group work.

## What we fear:

The group will take a few minutes to individually list and reflect on what fears they are currently experiencing. This can be personal, but also encourage folks to think about what is troubling them on a neighborhood or societal level.



Ask each person to select one or two fears they can share with the group.



Invite the group to join you at the large piece of paper. Ask them each to write a fear in the first column. You might share your fear first to make participants comfortable. Encourage participants to add stars, checks or other marking to the fears of others that they also experience.

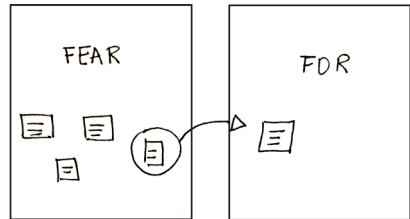
**In this moment we can feel we are not alone in our fear.**

## What we are FOR:

Now, you'll be modeling for the group how to shift a fear into a FOR statement.

Circle a fear and draw a line into the FOR section.

Try to pick an example that you can really hold onto and that rings true with your values.



### For example...

If I'm afraid that gentrification will threaten my neighbors' ability to stay in their homes, what's really important to me is that I believe everyone deserves a right to stay in their home. So I may shift this to a FOR statement by saying: I am FOR affordable and safe housing for all, or I am FOR housing as a human right.

Now invite all the participants to shift a fear into a FOR statement. Participants can use stars, checks or other marks to indicate the FOR statements of others with which they are aligned.

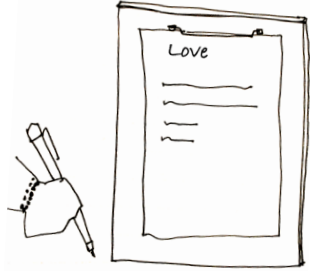
### Ask the group:

- How did it feel to write about your fears?
- What was it like to share your fears with the group?
- How did it feel to shift your fear into a FOR statement?

# ACTIVITY: PART 2

## What we love...

Invite the group to reconvene at the table and take a few minutes to reflect on what they love. Again, let them know that they will be sharing one or two with the group.



After the reflection, ask them how it felt different to write what they love versus their fears. You may get a wide range of answers, be open to what you are hearing.

Move to the large piece of paper, following the same steps as you used for fear: participants will write one or two things they love, and can mark if other's responses resonate with them.

## What we are FOR:

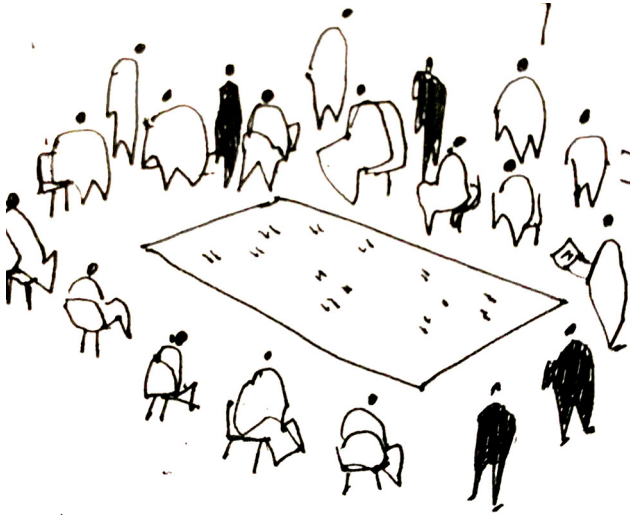
Now each person will shift something that they love to a FOR statement. You as the facilitator may want to model this. Encourage participants to connect what they love to larger systems.

### For example:

If I love my morning coffee, I'll think about the larger systems that get that coffee to me each day. I might be FOR the health of bees and other pollinators that support entire ecosystems. I may be FOR fair, ethical and kind labor practices for the workers that produce the coffee, or I could be FOR these labors' collective ownership of their company.

## Wrapping up:

Take a moment to look at your collective FOR list. Ask participants to read some of the FOR statements that resonate with them, or you may go around the group asking each person to read something.



## You could use some of these questions to close:

- Was there anything that became clear for you?  
Or anything that surprised you?
- Do some of the FOR statements align with your values?
- How does everyone express what they're FOR in their daily lives? How does the group express what it is FOR on a regular basis? Are there ways the group could shift to be moving toward what they are FOR?
- Could any of these FOR statements be used in the work of your group?
- Are there FOR statements you might want to use to draft a collective group statement? Or to draw a group sign or emblem?



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