

# CHANGEMAKERS

Roadmap



*A guide for the next generation of Changemakers ready to answer Mahatma Gandhi's challenge to "Be the change you wish to see in the world" starting with the way we live our own lives, impacting our communities and our world.*

## GANDHI'S TOP 10 WAYS TO CHANGE THE WORLD:

1. Change yourself.
2. You are in control.
3. Forgive and let it go.
4. Without action you aren't going anywhere.
5. Take care of this moment.
6. Everyone is human.
7. Persist.
8. See the good in people and help them.
9. Be congruent, be authentic, be your true self.
10. Continue to grow and evolve.

Join the movement today! #ChangemakersUnite!  
Learn more at Gandhi's Be Magazine [www.BeMagazine.org](http://www.BeMagazine.org).

## NONVIOLENT LIVING

Mahatma Gandhi's philosophy of nonviolence is as relevant today as it was when he led the independence movement in India many years ago.



Nonviolence is more than just protesting peacefully or engaging a useful strategy for conflict resolution. It is a way of life.

### TAKE A CLOSER LOOK



When you consider your everyday thoughts, actions, and choices through the lens of nonviolence, it impacts your own life, your community, and the world.

## GANDHIAN IDEALS

### NONVIOLENCE IS A WAY OF LIFE

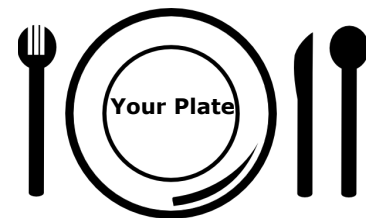
- +Healthy Mind, Body, Spirit
- +Meditation & Mindfulness
- +Nonviolence
- +Self-Reliance
- +Healthful Diet
- +Exercise
- +SEVA (Service)



### 66 DAYS TO CHANGE THE WORLD!

Did you know it takes 66 days to solidify a new habit? **Change your thoughts, change the world...** Start something in motion! The small changes we each make in our own lives today can make a huge impact on our collective future and what we want it to **BE**.

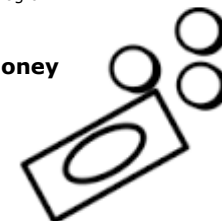
## YOUR MOST POWERFUL TOOLS FOR CHANGE



**DID YOU KNOW? The Vegan Diet** is one of the most effective ways to reverse the course of 1) Climate Change, 2) Diminishing Water Resources, 3) Global Hunger, 4) Animal Cruelty, and 5) Public Health Crisis: obesity, cancer, heart disease, diabetes, autoimmune disorders, and other lifestyle-related illnesses. Give it a try! Commit to Vegan. It is "The Nonviolent Diet." It's simple: Whole Foods, Plant Based, No Animal Products.

**Learn more:** The China Study, Forks Over Knives, Engine 2 Diet, The McDougall Program, Neal Barnard, M.D., Dean Ornish, M.D., and The CHIP Program.

### Your Money



**DID YOU KNOW?** How you spend your money is the most powerful vote for the kind of world you want to live in... so make informed choices about Companies, Brands, Products, and Corporate Responsibility. Support sustainability and compassion. Boycott & Divest from companies and investments that do not align with your commitment to nonviolent living.

**Learn more:** The Thrive Movement, Robert Reich, Fair Trade Federation, Buy Responsibly