

## Questions HOW:

The first amendment describes a five part plan to improve quality of life for yourself and your loved ones. Evaluate yourself now on a scale of one to five, to take inventory of your social immune system.

Are you free to discover for yourself what is your relationship to Divine Source and how you decide to express this?

( ) Never      ( ) Rarely      ( ) Sometimes      ( ) Often      ( ) Always

- **ACTION:** *discover “what is your inspiration?” and “what, if anything, holds you back from that?”*

Are you free to put your thoughts into words? Do you speak up? Do you feel safe to tell your whole truth with at least one other person?

( ) Never      ( ) Rarely      ( ) Sometimes      ( ) Often      ( ) Always

- **ACTION:** *take turns with at least one other person to tell your answers to these questions. Use the timer to ensure equal turns.*

Do you write to organize your thoughts? Do you share with others what you have written? Do you read what others have written about the interests you share in common?

( ) Never      ( ) Rarely      ( ) Sometimes      ( ) Often      ( ) Always

- **ACTION:** *write your answer to the questions above. Write the version that fits on an index card. Write the summary sentence that fits on a business card. Share the cards to be printed together and distributed to your friends.*

Do you get together to talk and listen with people who understand what you say, and are interested in the same things?

( ) Never      ( ) Rarely      ( ) Sometimes      ( ) Often      ( ) Always

- **ACTION:** *read the Neighborly Sharing News. Schedule and attend a roundtable with five members*

Do you take action to improve various parts of your life? Are there aspects of life that you find easy to keep in good shape?

( ) Never      ( ) Rarely      ( ) Sometimes      ( ) Often      ( ) Always

Are there aspects of life that give you a feeling of stagnation or helplessness?

( ) Never      ( ) Rarely      ( ) Sometimes      ( ) Often      ( ) Always

- **ACTION:** *Go within; speak up; write your ideas; read and share information; meet with your peers; act together to solve what grieves us. Apply the basic first amendment steps together, on purpose.*

The hypothesis of the Democracy Lab is that regularly applying the special components of the first amendment on purpose enlivens each person to enhance or improve our quality of life. Are you willing to try it yourself? Show up for regular speak and listen events !!!