

CARE OUTLOUD REFLECTION GUIDE

Episode 6: We The Future

A companion for contemplation and courage



REFLECT

What kind of ancestor do you want to be?

How are you already living that out today?

What systems or communities are you part of that need your voice, your courage, your presence?

Where does your professional care intersect with your role as a citizen or changemaker?

REFRAME

What if care was not just personal, but political?

How would that shift the way you use your voice, your vote, your influence?

What if democracy itself could be trauma-informed?

What principles of care could guide policy, leadership, and justice?

JOURNAL PROMPT

"We are the ancestors of the future."

Write about one action you can take today—big or small—that your future self would be proud of.

How will you ensure that care is part of your legacy?



ACT

- Sign and share [The People's Declaration](#).
- Choose one civic or community action—write a letter, attend a meeting, have a hard conversation.
- Reflect on how your professional care practices ripple into cultural change.

AFFIRMATION

My presence shapes the future.

My care is my legacy.

I am the ancestor of tomorrow.