

Stimulate... CHANGE!

We are three strangers (Leon, Jann, Tosin) asked to write an article for the Urbanite Magazine. We quickly realized that the three of us were “change agents” and after several conversations we agreed on the following:

Our common realization was that change is motivated by self-interest. In order for one to change or pursue change for others there has to be something in it for the person even if that person is working to change the situation for others. Self-interest in the context of change is not a negative; within it is the desire to grow, to feel better about ourselves, and to find comfort zones with the situational shifts in our lives.

SO WE ARE HOPING TO STIMULATE CHANGE IN OTHERS THROUGH OTHERS. OUR FIRST STEP IS TO GET AS MANY RANDOM PEOPLE TO RESPOND IN A FEW SHORT SENTENCES TO THE RESPONSE CARD BELOW.

Thanks for being a part of our project!

What one thing are you doing to make a change in your life?

I am trying to savor each moment with gratitude. In my efforts to make the world a better place for everyone, I sometimes forget to take the time to really breathe.

This leads to illness and chaos and makes me truly unable to serve or alleviate anyone's suffering.

So I am slowing down and really listening to the wind, looking into my son's eyes when he speaks to me, and not rushing to answer each email as it comes in.

Respondent's Age: ⁵⁴ _____

Gender: ^F _____

Race: ^{Other} _____

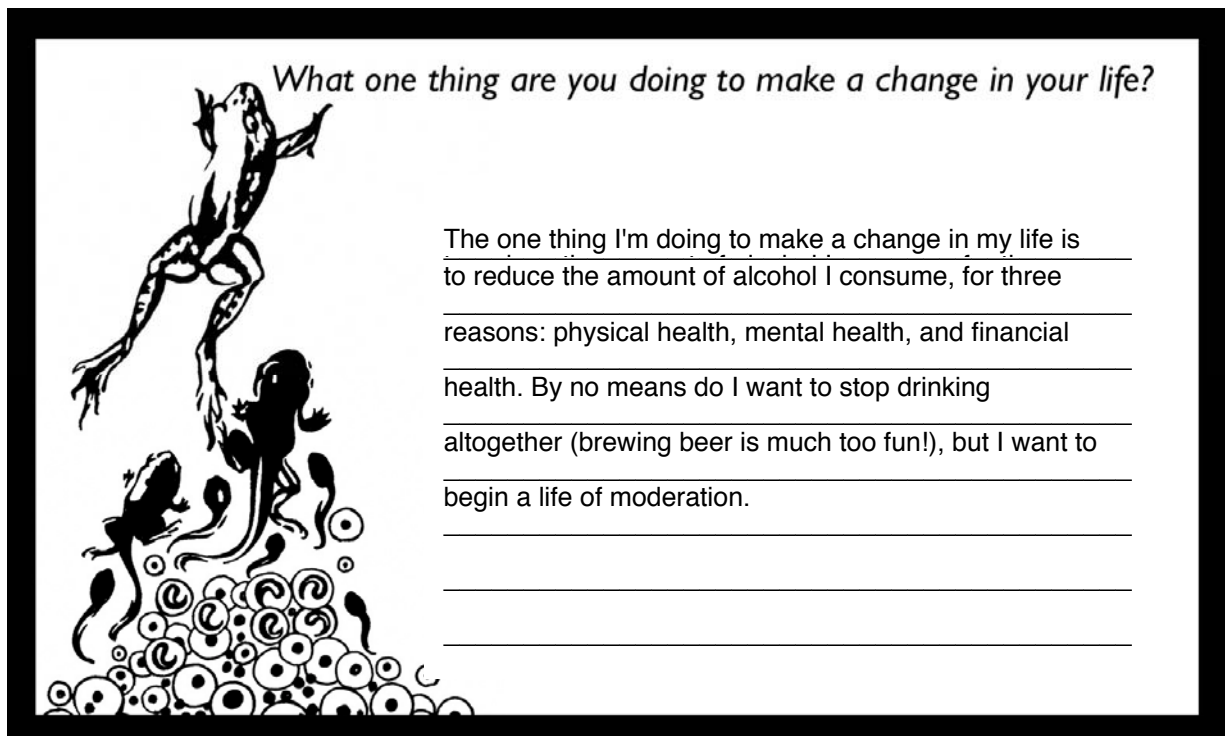
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What one thing are you doing to make a change in your life?

The one thing I'm doing to make a change in my life is to reduce the amount of alcohol I consume, for three reasons: physical health, mental health, and financial health. By no means do I want to stop drinking altogether (brewing beer is much too fun!), but I want to begin a life of moderation.

Respondent's Age: 22
Race: Hispanic/Caucasian

Gender: M

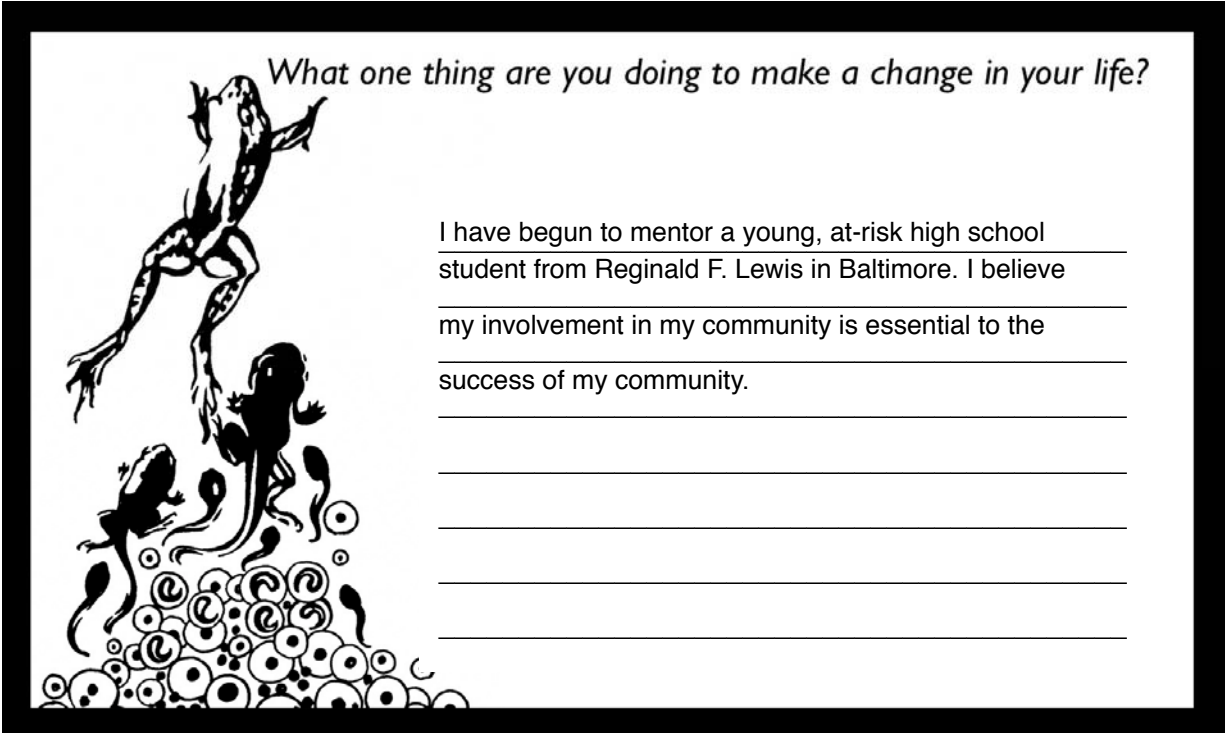
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What one thing are you doing to make a change in your life?

I have begun to mentor a young, at-risk high school student from Reginald F. Lewis in Baltimore. I believe my involvement in my community is essential to the success of my community.

Respondent's Age: 23
Race: black

Gender: M

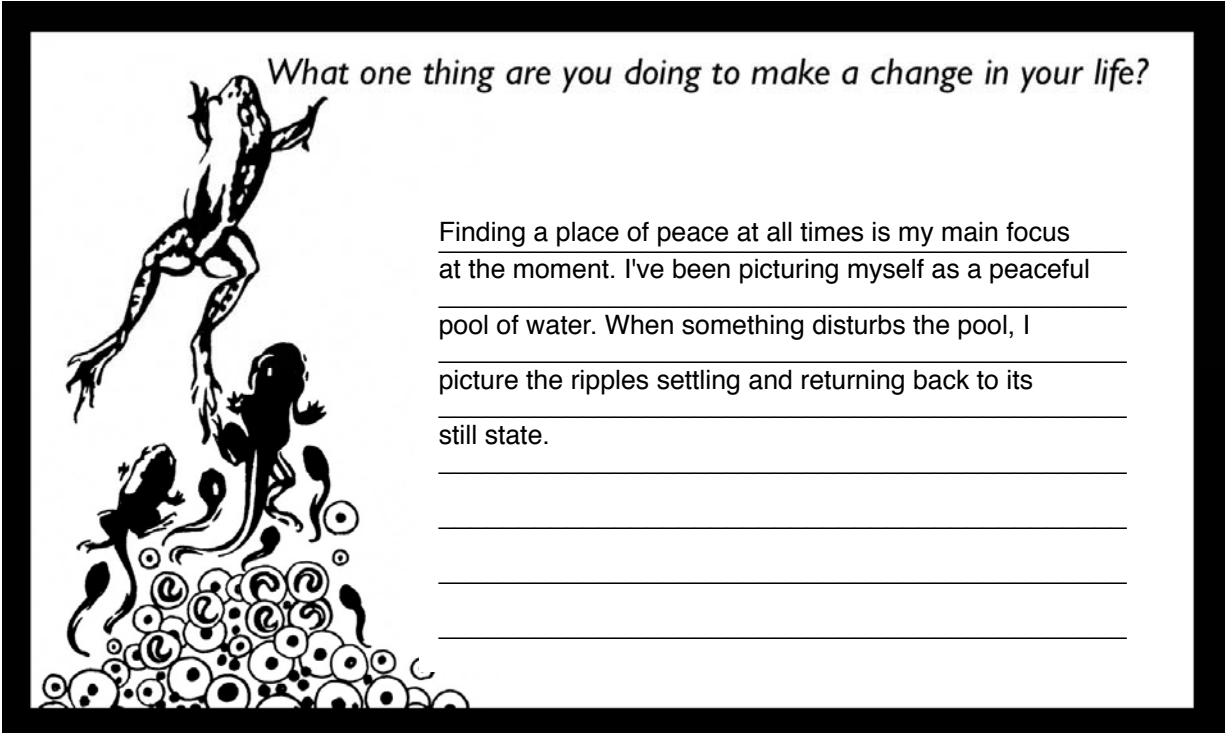
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What one thing are you doing to make a change in your life?

Finding a place of peace at all times is my main focus at the moment. I've been picturing myself as a peaceful pool of water. When something disturbs the pool, I picture the ripples settling and returning back to its still state.

Respondent's Age: 41
Race: White

Gender: F

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What one thing are you doing to make a change in your life?

Talk to God more.

Respondent's Age: 47
Race: black

Gender: F