



That could be really monumentally powerful if they go take it forward and they are now looking through that lens at the world in a new way.

It can be really debilitating to kind of feel like we're just one person. But even if you just have one conversation with one person, and you change the way they think about something:

3 Believe that one person can matter

2 Tune out the trolls

Switch off your notifications. **Switch off** your phone.

There is **work** to be done that doesn't have to just be online.

The more important conversations you're going to have are **with people you meet** throughout that day.



If you don't come up with an answer, I think that's a red flag, that's a question to yourself to go **reflect**.

Why am I really doing this?

It is easy to lose motivation or to lose sight of why you're doing what you're doing. When you're alone, just dig a little deeper and ask yourself:

4 Check in with yourself

1 Find your motivation

The cause is always going to be: **necessary & relevant.**

As someone who is Muslim, I absolutely believe that it is my duty to care about the world. And I have to care about the people in it.

Then, once you are clear internally, spread externally through accessible language. Things people can understand, why they matter and want to get on board with.



First of, make sure you actually understand your own message. Have you read up? Have you listened to other people? Have you talked to other people?

5 Communicate effectively

#activism
5 ways to fight for your cause

A fan zine by @malweene quoting activist **Suhaiymah Manzoor-Khan**



The original Guardian video: [tinyurl.com/5ways2fight](https://www.youtube.com/watch?v=tinyurl.com/5ways2fight)

Sometimes it feels impossible. But the world has not always been this way. It's very possible for us to change it. So don't give up!



Suhaiymah Manzoor-Khan is a writer, spoken-word poet, speaker, playwright and founder of www.thebrownhijabi.com

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