



INSTITUTE FOR  
HUMANE EDUCATION

## Personal MOGO Plan

Reflecting upon everything you've learned, it's time to create your own Personal MOGO Plan in order to make MOGO choices in your life. It's important to have a sense of practical ambition when creating this plan. Developing a plan that demands too much may be setting yourself up for frustration, guilt, or disappointment. On the other hand, challenging yourself is what makes choosing MOGO an important and meaningful process. This plan will serve you best if you focus only on what you can commit to **right now** and what you feel confident that you can sustain with the support of your family.

In the coming months, you may find it helpful to make a new plan or expand this one. Whether you use this tool again or create your own method for choosing MOGO, please stay in touch with me and let me know both how you are doing, and what I can do to help!

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## Section 1: Daily Choices

### Changes to Make

In relationship to the daily choices I make (food, clothing, products), I plan to make the following different choices in order to do more good and less harm to myself, other people, animals, and the environment:

### Actions to Take

These are the specific actions I will take so that I will be able to carry out this plan:

## Section 2: Learning

### Changes to Make

In order to make changes that reflect my values and that do more good and less harm to myself, other people, animals, and the environment, I need to learn more about the following:

### Actions to Take

These are the specific actions I will take so that I will be able to carry out this plan:

## Section 3: Making a Difference

### Changes to Make

In relation to activities that can help improve my life and the lives of other people, animals, and the health of the environment, I would like to do the following in order to more effectively and positively make a difference in the world:

### Actions to Take

These are the specific actions I will take so that I will be able to carry out this plan:

Section 4: Follow-through  
Finding Support

Changes to Make

In order to follow through with this entire plan, I'll look to find and create support in the following ways:

Actions to Take

These are the specific actions I will take so that I will be able to carry out this plan:

Looking over this MOGO Plan, these are the 2-5 things I will do right away to get started:

1.

2.

3.

4.

5.