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Nicole Larue is a graphic designer, illustrator & author. She has no doubt that every person, no matter their age, status or place in the world, can champion brilliant and genuine social change. Called on at the eleventh hour to design the official logo for the 2017 Women's March on Washington, Nicole is no stranger to mighty work. Her clients include The Women's March on Washington, Chronicle Books, Abrams Books, Oxford University Press, Compendium, Inc., Madison Park, Greetings, Johnson & Johnson, Chatbooks, Tiny Prints, Intel, DC Shoes, American Eagle, Spumoni Studio & others.

This engaging journal is a rallying cry for young people. *Small & Mighty* challenges budding change-makers to investigate their complex world, valuable strengths, potential careers, and their utterly irreplaceable selves. Six themed chapters with dynamic, interactive layouts feature self-reflective worksheets, checklists, stickers, and activities anyone can do to hone in on their passions.



YOU DON'T HAVE A VOICE?
YOU DO. THINK YOUR OPINION
DOESN'T MATTER? IT DOES.

SMALL AND MIGHTY ✦ NICOLE LARUE

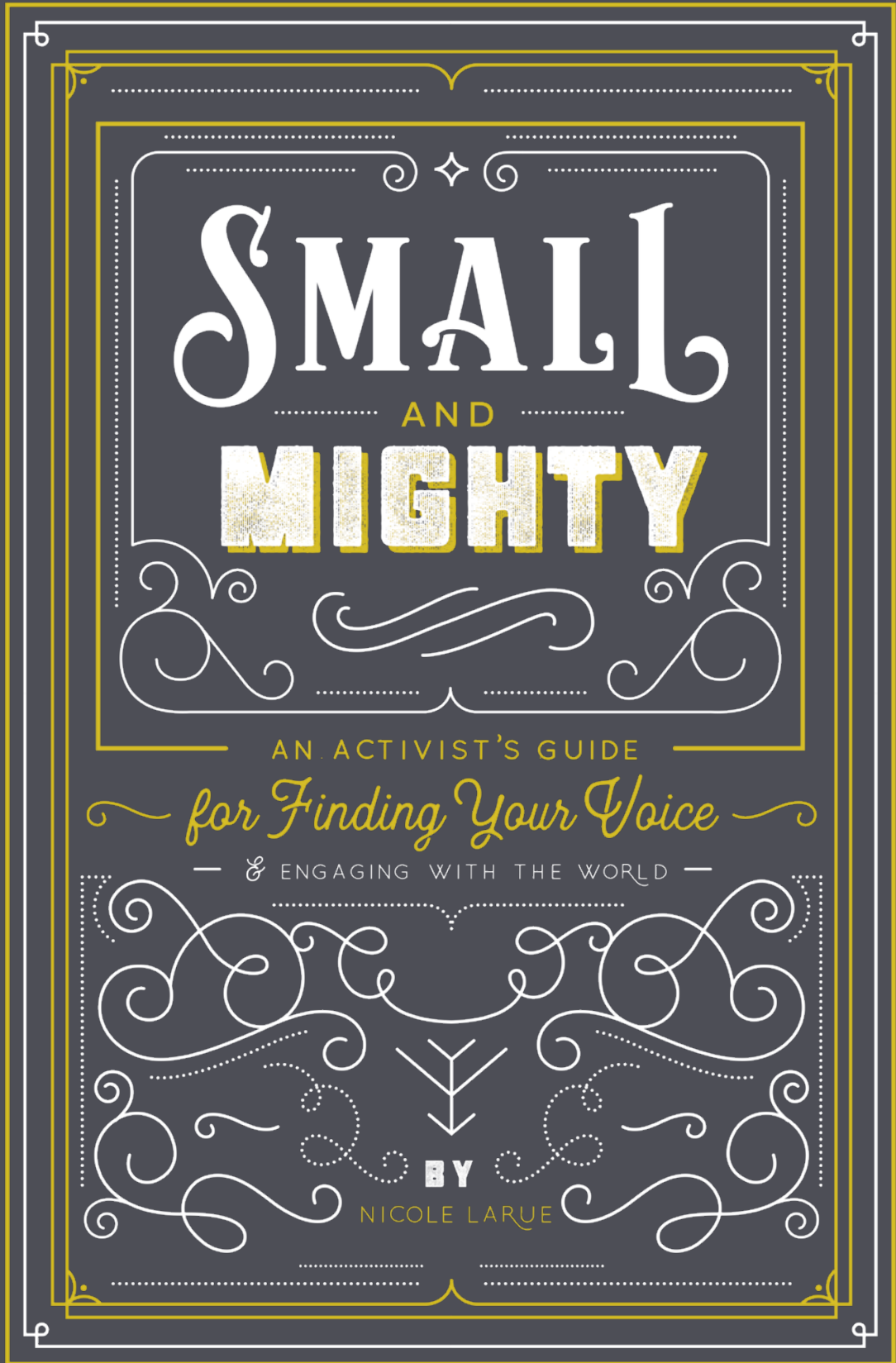


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The BELIEVING GAME

Get a group of friends together and pick a controversial issue that you believe strongly in. Now, ask everyone to suspend all judgment and consider seriously another viewpoint. Open yourselves up to and work at believing some parts to the other side of the story.

1. Introduce the controversial issue or topic to the group:

2. Have everyone write down their initial thinking on the issue:

3. Now, ask everyone to read what they wrote out loud.

4. Conduct a small group discussion allowing participants to ONLY make statements that agree with one point of view. Do not make any negative or even challenging statements.

5. Finally, discuss together the experiences everyone had while they were asked to suspend their judgments and consider the other side of the argument. What felt right? Did they feel like something changed inside at all? Did the experience feel authentic? How did they perceive others' arguments on the issue? Did anything affect their points of view even slightly?



Challenge yourself! Don't hold back!

TRUTH: What makes you feel most confident?

DARE: Make and wear a 'Free Hugs' sign around today.

TRUTH: What is one of your biggest regrets?

TRUTH: What are you most afraid will happen in your lifetime?

DARE: Spend an entire day alone.

TRUTH: What's the first thing you think of when you think of yourself?

TRUTH: What book has changed your life?

DARE: Leave little inspiring notes around for others to find.

TRUTH: How do you behave when you're angry?

DARE: Tell at least 5 people that you love them.

TRUTH: When are you the happiest?

TRUTH: What do you spend the most time thinking about?

TRUTH: What's one secret you've never told anyone?

DARE: Wear something "crazy" today. Something that, for you, is unexpected. Be daring!

TRUTH: What is the single most important thing in your world right now?

TRUTH: What's something you've done purely out of peer pressure?

DARE: Say 'Yes!' to everything today.

TRUTH: What things are you not likely to ask for help with?

DARE: Tell yourself only kind things today.

DARE: Compliment 10 strangers today.

TRUTH: What makes you feel most vulnerable?

DARE: Do something kind for someone but remain anonymous.

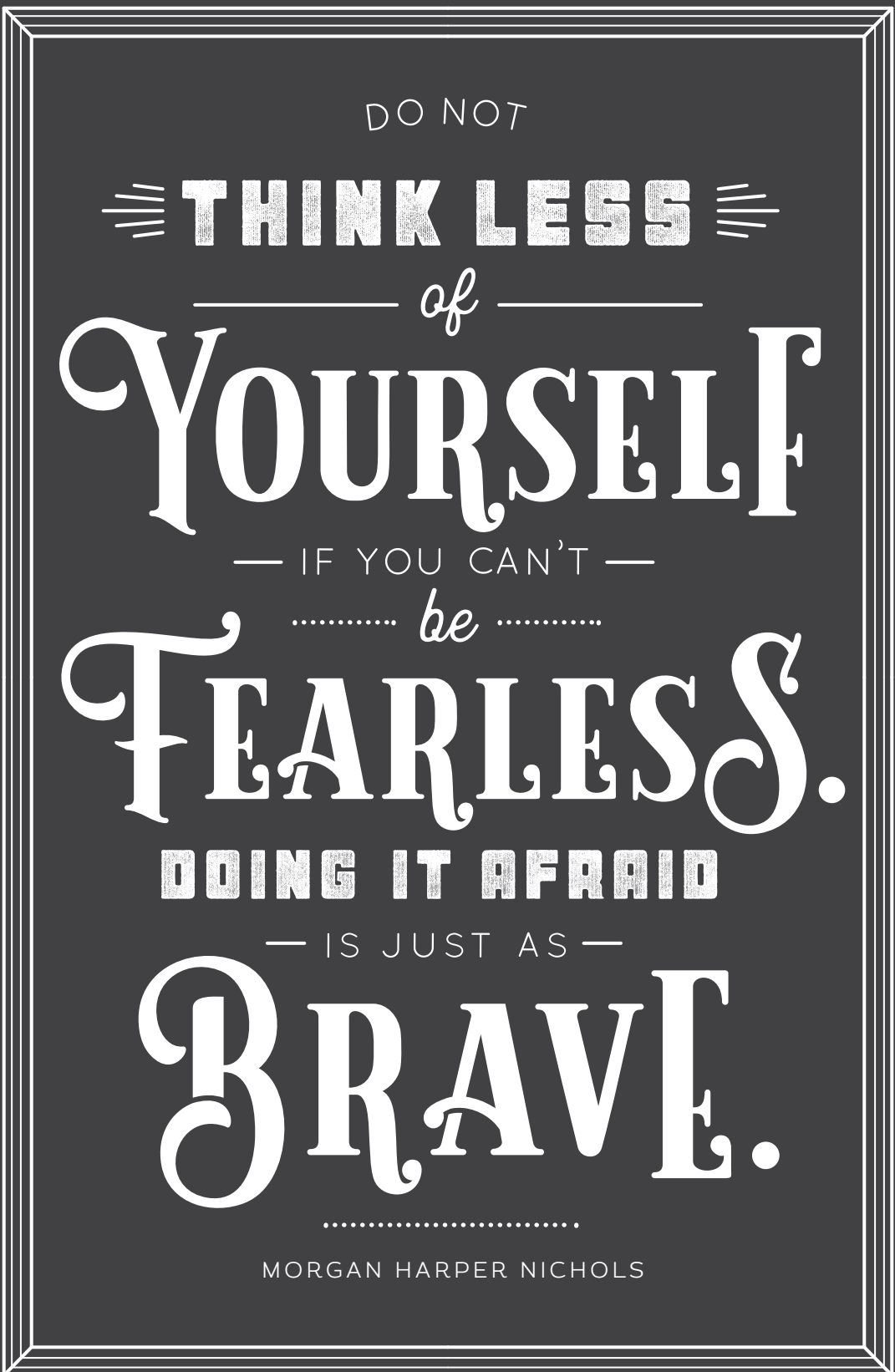


NOT?

Pick something:

- Create a dream travel list
- Visit a popular local tourist destination
- Identify crazy (to you) laws from other countries
- Start learning a foreign language for a country you want to visit
- Plan an overseas trip itinerary
- Get to know all of the important cultural customs of your dream place to travel to
- Research the idea of voluntourism
- Volunteer with a global nonprofit
- Try 30 adventurous things for the next 30 days
- Try one foreign treat every day this week
- Start a list of everything you wish to try if you could only choose one place to visit
- Start a friendship with a foreign pen pal
- Help out a community green clean-up crew
- Research areas of current conflict in the world
- Take a hike you've never thought to take before
- Identify which countries require visas and which require only passports to travel to
- Plan a globally themed dinner party for friends
- Identify each and every airport in your state or region
- Draw your own dream map of the world
- Get (or update) your travel passport

NOTES:



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MORGAN HARPER NICHOLS