

The *lift* LIST

Women have long been the drivers of change in our communities, and while times may have changed, women's desire to make the world a better place has not. Join us, and together let's take steps to #LiftWomenUp, step into our power, and claim equality for all! For details on each action, go to www.liftwomenup.com

WOMEN IN LEADERSHIP ACTIONS

- Go to lunch with another professional woman.
- Praise another woman in your life or office who is doing phenomenal work. Better yet, do it publicly.
- When a woman in a meeting makes a key point, repeat it, giving credit to its author. This forces the men in the room to recognize the contribution and denies them the chance to claim the idea as their own.
- [Take The Lead](#) is an organization that prepares, develops, inspires and propels women to take their fair and equal share of leadership positions across all sectors. Sign up for their newsletter and learn how to take the lead in your life and career.

WOMEN AND THE PAY GAP ACTIONS

- Find out if your company employs the practice of pay transparency. If not, talk to HR about why it's important.
- Research common gender pay gap myths and arm yourself with information to dispel them.
- Talk to your friends about how much you all make.
- Learn to negotiate your fair share through companies like SheNegotiates.com.

WOMEN IN POLITICS ACTIONS

- Research women running for office in your local community and share their platforms with your network.
- Choose a woman-led campaign that resonates with you and donate your money, time or both.
- Point out biases. When you hear or see bias against women in politics — call it out. The first step in moving forward to equality is creating awareness.
- Run for office or nominate someone. Take the first steps with [She Should Run](#) (or another org that supports women in politics).

SUPPORTING DIVERSITY & INCLUSION ACTIONS

- Listen to and amplify the voices of women of color.
- Educate yourself on the unique barriers that women of color face.
- Recommend a sponsorship program at your organization to pair women of color with senior-level employees who can help them navigate their careers.
- Subscribe to [Diversity Woman Magazine](#), designed for women business leaders and executives of all races, cultures and backgrounds.

LIFT (GIRLS) UP ACTIONS

- Gift a subscription of an empowering magazine to a teen girl in your life or to your local library ([STRONG: The Magazine for Girls](#)).
- Share your expertise. Contact your local high school or YWCA to see if you can share your professional journey with girls in your community
- Don't trash talk other women, especially not yourself. Modeling self acceptance is a powerful way we can show girls how to treat themselves and each other.
- Donate your money or time to an organization that empowers young girls, like [Girls Inc.](#)



Go to www.liftwomenup.com to receive easy, actionable steps that we can all take to #LiftWomenUp in our own lives.

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WOMEN AND POWER

ACTIONS

- ❑ Stop apologizing. Saying “sorry” puts women in a subservient position. Women’s tendency to apologize is another subtle way we give our power away.
- ❑ Get used to not being liked. While likeability is important, when women choose likeability over effectiveness, they give their power away.
- ❑ Consider making a microloan to a woman-owned business through Kiva.org, which allows you to support women starting their own businesses, going to school, and investing in the health of their communities and families.
- ❑ Sign up for [Take The Lead](#)’s newsletter and learn Gloria Feldt’s Leadership Power Tools to change your relationship with power.

WOMEN AND THE VOTE

ACTIONS

- ❑ Download Katica Roy’s [2020 Voting Guide](#) for an in-depth gender analysis on 15 election issues with policy recommendations.
- ❑ Educate yourself on how political issues impact marginalized communities differently. Not all women experience gender inequality the same. It’s important to understand why.
- ❑ Research the Paycheck Fairness Act, which will help secure equal pay for equal work for all Americans. Contact your Senator to voice your support for the issue.
- ❑ Amplify diverse women leaders’ voices and learn how you can support women of color in politics.

WOMEN ENTREPRENEURS

ACTIONS

- ❑ Invest in women, shop [women-owned businesses](#).
- ❑ Spread the word about women-owned businesses in your area on social media.
- ❑ Gift an inspiring book by a female entrepreneur to an aspiring female entrepreneur.
- ❑ Invite women to speak. If you need speakers or panel members, tap into your network of female entrepreneurs.

WOMEN’S ISSUES IN POLITICS

ACTIONS

- ❑ Remind friends and family to vote, and have dates, polling locations, and important numbers handy.
- ❑ Offer to help your network get to the polls, or help them request their absentee ballot.
- ❑ Use [AAUW’s resources](#) to organize a voter registration drive.
- ❑ Familiarize yourself with the importance of the [International Day of the Girl](#) and get involved.

WOMEN AND PHILANTHROPY

ACTIONS

- ❑ Donate time or money to your charity of choice in honor of a strong woman in your life.
- ❑ Reach out to a woman working to get a local grassroots organization off the ground and share her cause with your network.
- ❑ Talk to three women in your network about the organizations they support and why.
- ❑ Learn how you can support organizations that promote equality for women and girls, like [Women Connect4Good](#) or the [Women Like Us Foundation](#).

WORK LIFE BALANCE

ACTIONS

- ❑ Write down all of the things you need to feel fully resourced and then spend time actively carving out time for those things in your calendar.
- ❑ Create your village. Enlist your partner, friends, and/or family to create an active support system for yourself.
- ❑ Forget perfect. Perfectionism keeps women in the never ending cycle of not enough. Drop the pretense of perfect for yourself and for the working women around you.
- ❑ Read Brigid Schulte’s book, [Overwhelmed: Work, Love, and Play When No One Has the Time](#), and then schedule some leisure time for yourself.