

Types of advocacy



There is no one way to advocate for change. Instead it is usually built on several different types of advocacy taking place at the same time and in a co-ordinated way. This canvas helps you to understand which advocacy types might help your initiative the most and what it would take.

For more information on how to use this canvas, visit wearespur.com/123/resources.

	Mobilisation · Protest	Mobilisation · Non-Protest	Media advocacy	Political Engagement · Direct Lobbying of Decision-Maker(s)	Political Engagement · Systemic Change	Litigation
What might this type of advocacy be / involve / look like for us?						
What might be gained by leveraging this type of advocacy?						
What might we need to effectively do this type of advocacy?						
What do we currently have to effectively do this type of advocacy ?						



Mental wellbeing questionnaire



Intentionally subjective, the mental wellbeing questionnaire helps to unpack the six mental wellbeing domains in more detail, asking you to rate each statement on a scale of 1 (Completely unsatisfied) to 5 (completely satisfied) by placing an X in each row. This questionnaire can be used in isolation, or as a precursor to the mental wellbeing canvas.

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	Completely unsatisfied					Completely satisfied				
	1	2	3	4	5	1	2	3	4	5
Physical Health										
Your quality, and amount, of sleep										
Your current nutrition and diet										
Your level of physical activity and movement										
Security										
Your sense of financial security										
Your own sense of agency and autonomy										
Your sense of life certainty										
Purpose										
Your sense of positive contribution										
Your feeling that what you do is reflective of who you are										
Your sense of working towards clear goals										
Trust										
The amount of mutual respect with the people around you										
The amount of mutual honesty with the people around you										
That you can be your full and authentic self with the people around you										
Connection										
Your sense of belonging in your environment or community										
The amount of clear communication with those around you										
The amount of vulnerability between yourself and others										
Self										
Your relationship with, and capacity for, friends, family and partners										
Your logistical capacity and time availability										
Your capacity for hobbies and self-directed interests										

