

# A FREE PRINTABLE FROM THE CROSSROADS MOVEMENT

## IDEAS TO START YOUR WITNESS BOOK

Not comprehensive. Not a checklist. Just enough sparks to get your pen moving. Pick one. You don't need to feel ready, only unsettled, curious, or quietly certain the official story isn't the whole story.

### **Body & Medicine**

- Vaccines, what you were told vs. the package insert
  - The food pyramid, and who funded it
    - Fluoride in the water supply
- Hospital birth vs. home birth, and how that narrowed
- A diagnosis you know well, its history as a category

### **Money & Systems**

- The gold standard, and the year it disappeared
- The Federal Reserve, who created it, and why
- Student loan debt as a system, not a personal failure
  - Cryptocurrency, promise vs. practice
- The minimum wage, and what it was meant to guarantee

### **History & Power**

- A war you were taught one version of
- A founding myth, traced to its first written source
- A toppled leader, who benefited from the toppling
- A holiday's true origin, before it was repackaged
- A land "discovered," and who was already there

### **Food & Land**

- GMOs, the research vs. the marketing, both sides
- Factory farming and the vanishing family farm
  - Water rights in your own region
  - Who owns the seeds Faith & Meaning

### **Faith & Meaning**

- A doctrine you inherited without ever choosing it
  - A saint or founder's story before it became legend
- A practice called "pagan", before that word was applied
  - The council that decided what counted as scripture

### **Family & Memory**

- A family secret everyone agreed not to discuss
- An ancestor's real story vs. the one passed down
  - An inherited belief about who you were "supposed" to be
- What your grandmother knew that skipped a generation

### **Technology & Media**

- What the algorithm is optimizing you for
- A censored or de-platformed voice, and why
  - Surveillance, and who is actually watching
- AI, the promises being made right now, by whom

### **Education & Institutions**

- Standardized testing, its origin and original purpose
- The school calendar and the labor system it served
- A textbook's version of an event told differently elsewhere

### **Or Something No One's Named Yet**

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Print this page. Cut it out. Tape it inside the front cover of your first Witness Book. A small map, in case you forget where to begin again.

The crossroads are here. The torches are lit. Pick one and start.