

A Personal Path to Environmental and Societal Sustainability

	Easy / Status-Quo	Substantial Change	Sustainable / Powerdown
Getting Started Motivation	<input type="checkbox"/> Worry, Read, Listen <input type="checkbox"/> Change Yourself	<input type="checkbox"/> Plan, Think <input type="checkbox"/> Change with your Family	<input type="checkbox"/> Act, Change <input type="checkbox"/> Change with your Community
Transportation	<input type="checkbox"/> Drive slower, Defensively <input type="checkbox"/> Select a vehicle based on fuel efficiency <input type="checkbox"/> Run multiple errands in one drive	<input type="checkbox"/> Be a one-car family <input type="checkbox"/> Select a car rather than van / truck / SUV <input type="checkbox"/> Walk / Bike / Bus / CarPool / Train	<input type="checkbox"/> Go car free / Use a car co-op <input type="checkbox"/> Move to be walking/biking distance to work
Locality	<input type="checkbox"/> Telephone, rather than travel, for meetings <input type="checkbox"/> Buy local products <input type="checkbox"/> Raise awareness among friends <input type="checkbox"/> Write to local politicians	<input type="checkbox"/> Low-impact summer vacations (no seadoo) <input type="checkbox"/> Limit air travel <input type="checkbox"/> Increased involvement in community	<input type="checkbox"/> Take local holidays <input type="checkbox"/> No more air travel
Food	<input type="checkbox"/> Focus on local produce <input type="checkbox"/> Buy organic	<input type="checkbox"/> Buy / cook only local, seasonal foods <input type="checkbox"/> Can / freeze food bought in season <input type="checkbox"/> Plant a vegetable garden	<input type="checkbox"/> Organize a cellar for food storage <input type="checkbox"/> Buy / lease land and grow most of your food
Pollution & Waste	<input type="checkbox"/> Don't use any herbicides or pesticides <input type="checkbox"/> Use environmentally friendly cleaning product <input type="checkbox"/> Compost all food waste <input type="checkbox"/> Recycle <input type="checkbox"/> Buy recycled products	<input type="checkbox"/> Plant local native species in your garden <input type="checkbox"/> Use cloth diapers / tissues <input type="checkbox"/> Don't use any gasoline garden tools (mower, trimmer, leaf-blower) <input type="checkbox"/> Reduce garbage <input type="checkbox"/> Avoid plastics, Drink tap water	<input type="checkbox"/> Plant a permaculture garden <input type="checkbox"/> Use re-usable feminine products <input type="checkbox"/> Aim to produce zero garbage
Consumption	<input type="checkbox"/> Bring your own bags when shopping <input type="checkbox"/> Resist expectations of consumption <input type="checkbox"/> Resist expectations of obsolescence <input type="checkbox"/> Have a "No Flyers" sign	<input type="checkbox"/> Don't buy things that get thrown out <input type="checkbox"/> Fix and repair whenever possible <input type="checkbox"/> Distinguish between wants and needs <input type="checkbox"/> Buy / trade second-hand <input type="checkbox"/> Limit replacement of computers/electronics <input type="checkbox"/> Rent a cottage, rather than own <input type="checkbox"/> Limit TV / advertising exposure <input type="checkbox"/> Change birthday / Christmas expectations	<input type="checkbox"/> Make most of the things you need <input type="checkbox"/> Live well below your means <input type="checkbox"/> Seriously consider every purchase <input type="checkbox"/> Move to a smaller house / join community <input type="checkbox"/> Get rid of the TV completely
Energy	<input type="checkbox"/> Reduce night-time winter temperature <input type="checkbox"/> Turn the lights off <input type="checkbox"/> Have a house energy audit done <input type="checkbox"/> Buy efficient appliances, lightbulbs	<input type="checkbox"/> Reduce day-time winter temperature <input type="checkbox"/> Use fans rather than air-conditioning <input type="checkbox"/> Insulate / weatherstrip your house	<input type="checkbox"/> Seriously reduce winter heating <input type="checkbox"/> Stop all air-conditioner use <input type="checkbox"/> Close off unneeded rooms
Water	<input type="checkbox"/> Monitor your utility bills <input type="checkbox"/> Take shorter showers <input type="checkbox"/> Install water savers on taps & showers <input type="checkbox"/> Install low-flush toilets <input type="checkbox"/> Get a rain barrel	<input type="checkbox"/> Aggressively reduce your utility bills <input type="checkbox"/> Take cooler showers <input type="checkbox"/> Use ONLY rain water in the garden	<input type="checkbox"/> See water & energy as precious and limited <input type="checkbox"/> Take infrequent, short, cool showers <input type="checkbox"/> Get a composting toilet <input type="checkbox"/> Use rain water for your toilets
Ethical Living	<input type="checkbox"/> Buy fair trade <input type="checkbox"/> Know where your products are made <input type="checkbox"/> Know how your products are made	<input type="checkbox"/> Be a committed, educated consumer	
Awareness	<input type="checkbox"/> Raise awareness among friends <input type="checkbox"/> Support environmental organizations <input type="checkbox"/> Write to your government	<input type="checkbox"/> Raise awareness at work	<input type="checkbox"/> Raise awareness in your community
Money, Finance	<input type="checkbox"/> Select "green" investments <input type="checkbox"/> Economize <input type="checkbox"/> Understand the frailty of money & investing	<input type="checkbox"/> Request responsible pension investing <input type="checkbox"/> Get out of Debt <input type="checkbox"/> Diversify out of status-quo	<input type="checkbox"/> Seek alternatives to banking, investing <input type="checkbox"/> Change attitudes towards wealth and money
Being at Peace	<input type="checkbox"/> Pray	<input type="checkbox"/> Rest, Reclaim a sabbath	<input type="checkbox"/> Celebrate the simpler life