

SESSION 2 ACTION PLAN: ECOLOGICAL FOOTPRINT

Please complete after reading through Session 2. The readings in this session may have inspired ideas for actions you can take to reduce your ecological footprint through everyday lifestyle choices. Note them in this chart, as well as the obstacles you'll face in implementing them, what rewards you'll gain by incorporating them into your life, and the resources and support you'll need to achieve them. After brainstorming, choose at least one concrete action you feel confident you can take and write your goal in the space provided below. Finally, if you have any observations or reflections as you begin to implement these actions, we encourage you to note them in the space below. For suggestions or clarification, see the "Putting It Into Practice" on page 28 or the Sample Action Plan on page 117.

Category	Actions	Obstacles/ competing values	Rewards/ advantages	Resources/ support needed	Timeline	Done?
Home energy use						
Water use						
Transportation						
Protecting forests (eliminating disposable paper products)						
OBSERVATIONS						
REFLECTIONS						

R E S O U R C E C O N S E R V A T I O N

SESSION 3 ACTION PLAN: BUYING

Please complete after reading through Session 3. The readings in this session may have inspired ideas for rethinking and altering your buying habits. Note them in this chart, as well as the obstacles you may face in implementing them, the rewards you'll gain by incorporating them into your life, and the resources and support you'll need to achieve them. After brainstorming, choose at least one concrete action you feel confident you can take and write your goal in the space provided below. Finally, if you have any observations or reflections as you begin to implement these actions, we encourage you to note them in the space below. For suggestions or clarification, see the "Putting It Into Practice" on page 42 or the Sample Action Plan on page 117.

Category	Actions	Obstacles/ competing values	Rewards/ advantages	Resources/ support needed	Timeline	Done?
Buying habits						
Reducing waste						
Media/advertising exposure						
B U Y I N G						
OBSERVATIONS						
REFLECTIONS						

SESSION 4 ACTION PLAN: FOOD

Please complete after reading through Session 4. The readings in this session are designed to encourage more healthful and sustainable eating choices. Note your ideas on the chart below, along with the obstacles you'll face in implementing them, the rewards you'll gain by incorporating them into your life, and the resources and support you'll need to achieve them. After brainstorming, choose at least one concrete action you feel confident you can take and write your goal in the space provided below. If you have any observations or reflections on how to implement these actions, we encourage you to note them as well. For suggestions or clarification, see the "Putting It Into Practice" on page 58 or the Sample Action Plan on page 117.

Category	Actions	Obstacles/ competing values	Rewards/ advantages	Resources/ support needed	Timeline	Done?
Eating						
Shopping						
Growing food						
F O O D						
GOALS/INTENTIONS						
OBSERVATIONS & REFLECTIONS						

SESSION 5 ACTION PLAN: COMMUNITIES

Please complete after reading through Session 5. The readings in this session may have elicited ideas for immediate actions you can take to deepen connections and build community. Note them in this chart, as well as the obstacles you'll face in implementing them, the rewards you'll gain by incorporating them into your life, and the resources and support you'll need to achieve them. After brainstorming, choose at least one concrete action you feel confident you can take and write your goal in the space provided below. If you have any observations or reflections as you implement these actions, we encourage you to note them as well. For suggestions or clarification, see the "Putting It into Practice" on page 72 or the Sample Action Plan on page 117.

Category	Actions	Obstacles/ competing values	Rewards/ advantages	Resources/ support needed	Timeline	Done?
Knowing your neighbors						
Participating in neighborhood groups and associations						
Sharing resources						
GOALS/INTENTIONS						
OBSERVATIONS & REFLECTIONS						

C O M M U N I T I E S

SESSION 6 ACTION PLAN: BUSINESS AND ECONOMY

Please complete after reading through Session 6. The readings in this session are designed to encourage individuals to invest in a more sustainable economy by making informed purchases and investments. Note your ideas on the chart below, along with the obstacles you'll face in implementing them, the rewards you'll gain by incorporating them into your life and the resources and support you'll need to achieve them. After brainstorming, choose at least one concrete action you feel confident to take and write your goal in the space provided below. If you have any observations or reflections as you implement these actions, we encourage you to note them as well. For suggestions or clarification, see the "Putting It Into Practice" on page 88 or the Sample Action Plan on page 117.

Category	Actions	Obstacles/ competing values	Rewards/ advantages	Resources/ support needed	Timeline	Done?
Support local businesses						
Identify and support socially responsible products and businesses						
Choose socially responsible investments						
GOALS/INTENTIONS						
OBSERVATIONS & REFLECTIONS						

B U S I N E S S

FINAL ACTION PLAN

Now that you've completed the seven sessions of *Choices for Sustainable Living* and have had time to think a bit more about priorities and changes you'd like to make, it is time to bring your ideas together in a final Action Plan. Using the charts and notes from previous sessions, create a comprehensive Action Plan to go forward with. Consider including some actions you can take immediately and some that will take further planning and commitment. We suggest you bring your final action plan to your group's "Call to Action" celebration to share your goals and progress with a supportive group. You may also wish to detach this chart to use it as a visible reminder of your goals.

Category	Actions	Obstacles/ competing values	Rewards/ advantages	Resources/ support needed	Timeline	Done?
Session 2: Ecological Footprint						
Session 3: Buying						
Session 4: Food						
Session 5: Community						
Session 6: Businesses & Economy						
F I N A L						