



Personal Action Check List

- Review the Personal Action Checklist below.
- Make a **commitment to specific steps you can take.**
- **Record what** you do.
- What were the results?

	Now	Commit	3 months
Four Conditions for Sustainability			
1. What we take from the earth's crust – Metals/Minerals and Fossil Fuel			
Conserve energy by turning off lights and computers and unplugging chargers when not in use			
Use compact fluorescent bulbs (then recycle) and efficient Energy Star appliances			
In winter, decrease heating (68° if home, 58° if not or night), insulate, have energy audit			
In summer, use fan, reduce cooling (72° if home, 85° if not), and use trees for shading			
Reduce hot water use with showers, baths, laundry, dishwasher and frontloading washer			
Use natural landscaping, human or electric-powered lawn mower, avoid leaf blowers			
Use alternative energy (solar, wind, geothermal) and purchase green energy			
Bike, walk, use public transit, telecommute, carpool or clean/energy-efficient vehicle			
Eco-drive: properly inflate tires, drive speed limit, avoid sudden stops/starts, tune car			
Recycle cans, fluorescents, cell phones, and computers			
Use rechargeable batteries (recycle at end of their life) & non-mercury thermometers			
Avoid heavy metals (use non-uranium fire alarms, avoid leather tanned with chromium)			
Avoid mined fertilizers (potassium and phosphorous) and use natural ones			
Other			
2. What we make – Hazardous Chemicals, Pesticides, Plastics			
Use non-toxic, non-chlorine cleaning products, avoid dry cleaning, use “green cleaners”			
Use natural personal care products and avoid anti-bacterial soaps			
Reduce plastics with reusable bags, plates, cups, cutlery, and water bottles			
Recycle plastic bottles & containers & purchase bio-based, reusable, compostable ones			
Replace hazardous pesticides with natural pest control in home, yard, garden, and work			
Grow your own organic food or buy certified organic food, preferably local			
Buy clothes made from organic cotton and hemp, wear re-used clothes			
Other			

3. What we do to the earth – Species, Trees, Water and Other Eco-systems			
Reduce paper use with two-sided copying, cloth napkins, handkerchiefs			
Use 100% post-consumer recycled copy paper, stationery, towels, tissue & toilet paper			
Get off junk mail lists, pay online and ask for email-only bills if available			
Reuse wood and use non-Old Growth, certified, sustainably-harvested wood products			
Compost waste food and yard and garden material			
Reduce water use with efficient shower heads, faucets, toilets and by using gray water			
Protect and enhance wildlife habitat, minimize paving and run-off, and use green roof			
Address sprawl, reduce work commute, encourage sustainable building development			
Avoid sea food from endangered species and factory fish and shrimp farms			
Eat lower on the food chain (plant-based foods) and more organic produce and grains			
Other			
4. How we meet human needs – Health and Well-being, Social Justice, Community			
Smile, treat everyone with respect, and practice random acts of kindness			
Practice a healthy lifestyle: diet, exercise, meditation, yoga, massage, art, Sabbath, sleep			
Develop a sense of community and participate in community activities & organizations			
Work to create a just society; donate time, money & resources to help the disadvantaged			
When traveling, practice eco-tourism and better understand different cultures			
Assure that investments and pension funds are in socially responsible businesses			
Buy Fair Trade & products from artisans, shop at co-ops & local sustainable business			
Other			