

Take Inventory

- Where I am
 - Honestly assess your habits with specific categories
 - Energy
 - Food
 - Transportation
 - Waste
 - Water
 - Social Awareness and Participation
 - What surprised you? What area do you think has the most impact?
- Where I want to go
 - Give general ideas of what you want to do:
 - Ex. “I want to lessen my carbon emissions due to transportation”
 - Ex. “I’d like to pursue more sustainable dining options”
 - Ex. “I should be more involved in political processes”
 - Ex. “I think it could be good to cut down on single-use items”
- How I am going to get there
 - Specific goals for practical implementation:
 - Ex. “I will drive to my Tuesday/Thursday class at 8:00, but will bike to my Monday/Wednesday/Friday class at 10:10”
 - Ex. “I will pursue plant-based protein instead of meat for one meal a day” or “I will go to the farmer’s market this Friday to get vegetables for the week”
 - Ex. “I will email my representative asking him or her to vote for initiatives that are environmentally responsible”
 - Ex. “I will purchase a reusable silverware kit (to keep in my backpack) and avoid plastic silverware”

Print off the table on the next page to track your progress in sustainability! See if you can beat what you did last week and even save money in the process.

Keep in Mind

“Ditch the shame. Yes, our daily lives are undoubtedly contributing to climate change. But that’s because the rich and powerful have constructed systems that make it nearly impossible to live lightly on the earth.” Emma Marris, New York Times

While you personally are not responsible for the extent of the climate crisis, here is a way that you can track your habits and perhaps develop a more sustainable mindset.

Shame is not the way to change the world - awareness and action are!

CATEGORY	BASELINE	WEEK 1	WEEK 2	WEEK 3	WEEK 4
GOAL					
Number of “sustainable commutes”					
Number of intentionally plant-based meals					
Number of energy- or water-saving appliances					
Number of single-use/disposable items avoided (water bottles, silverware, etc.)					
Number of sustainably- or locally-sourced food items					
Amount of trash (bags)					
Amount of recycling taken to Kite Hill (bags)					
Examples of social/political awareness and participation					
Hours engaged in community service/involvement					

FLIP TO THE BACK TO SEE SOME WAYS THAT YOUR EXPENSES COULD DECREASE

CATEGORY	BASELINE	MONTH 1	MONTH 2	MONTH 3	MONTH 4
Electric Bill (\$)					
Amount of Electricity Used (kWh)					
Water Bill (\$)					
Amount of Water Used (gallons)					
Money Spent on Gasoline (\$)					
Change in Car Mileage (mi)					

Remember: The more we ‘vote with our dollar’, the more we support the growth of environmentally-friendly industries, along with voting at the actual polls. Small actions have big impacts!