

Preparing to plan for sustainable action



Before you begin to draw up your personal sustainability action plan conduct an audit of what you currently do:

- What is my carbon footprint (go to session 6 of this challenge for a simple carbon footprint calculator)? What do I think it should be? (use an online search engine to find data to help you draw comparisons with global and national averages. Some countries are listed here:
<https://worldpopulationreview.com/countries/co2-emissions-by-country/>)
- What shopping choices do I make? What are my attitudes towards consumerism? How disposable are the products that I buy? Do I always buy new? Do I shop according to my needs or wants? Do I ever reuse, upcycle or recycle? Is my personal spending sustainable in relation to my personal finances?
- What choices do I make in the food that I eat? How often do I eat meat? Where does my food come from? How much of it is locally produced? How much food do I waste?
- In my local environment what spaces do I make and maintain in which nature can thrive? If I have a garden to what extent is it cultivated? What chemicals and pesticides are used in my garden?
- What is the air quality like where I live (you can find this out here: <https://aqicn.org/map/world/>)?
- Which of my activities and behaviours might impact negatively on that air quality both inside my home and at a broader level? Think about energy usage (including heating and cooling, cooking, electrical charging, lights etc), type of fuels, modes and frequency of travel etc.
- What opportunities do I have in my life currently to spend time outside breathing fresh air?
- In what ways do I consume water? Do I drink enough water each day? Do I ever waste water (e.g. how long are my showers, how deep is my bath, do I leave the tap running when I brush my teeth?)
- Do I live near an ocean? What other waterways are there in my local environment? How clean are they? Are there any campaigns or organisations local to me that aim to reduce water pollution?
- What plastics and packaging do I and my household currently use? Are there any plastic or packaging alternatives available to us that we could switch to? How much of it is single-use?
- What recycling facilities are available within my home and in my local area? What recycling and waste policies and practices are enforced or offered in my community? What do I and my family currently do with waste packaging and plastics?
- Are there any natural hazards in my local environment that might lead to a disaster if I am unprepared?
- If my community has experienced natural disaster in recent times is there any current need in terms of disaster relief or efforts to “build back better”? What opportunities are there to get involved?