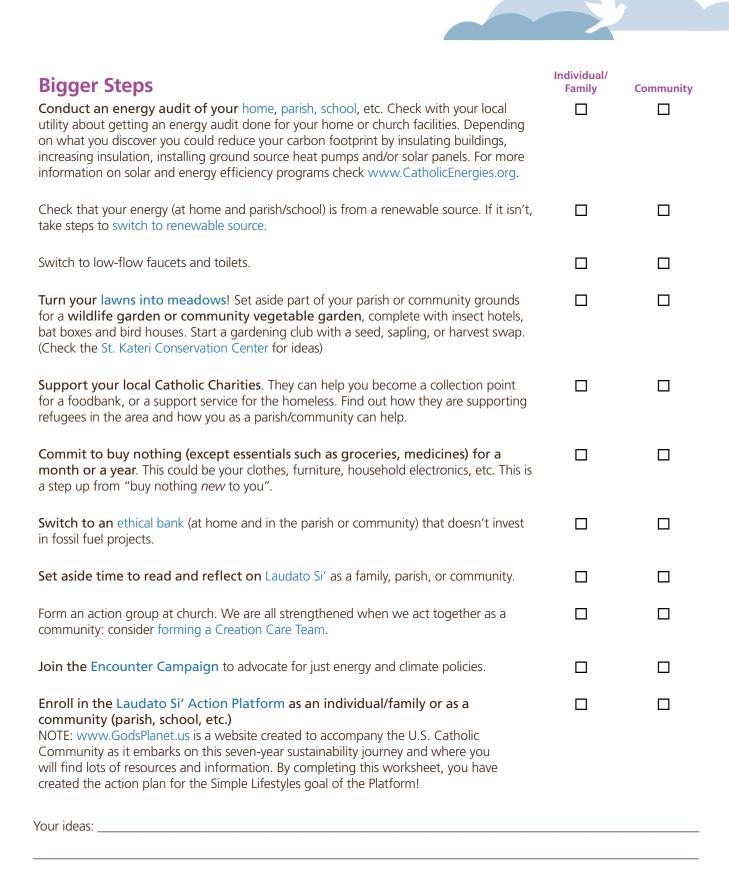


Abundant Living Worksheet

A list with living simply, sustainably, and in solidarity as an individual, a family, and community ideas:

Small Steps	Individual/ Family	Community
Know your carbon footprint and take steps to reduce it. You can calculate your carbon footprint with this free carbon footprint calculator from the EPA or this Lifestyle Calculator from the United Nations.		
Have at least one meat-free day every week. (To help you, check out resources from the Sisters of Mercy and from Meatless Mondays.)		
Commit to reduce pesticides/herbicides on your lawns and try planting more native trees and plants.		
Commit to buy nothing "new to you" (repurpose, borrow, thrift, use neighborhood "Buy Nothing" groups, etc.).		
Challenge yourself, your family, and your community to walk, cycle, or use public transportation everywhere you can to benefit your mind, body, and soul.		
 Make your family and community meetings and events planet-friendly: Choose Fairtrade tea, coffee, chocolate and use real dinnerware. Do the cleaning and washing up with environmentally friendly products. Reduce the amount of paper you print for mass, for events and for meetings. 		
 Reduce your use of energy in your facilities and at home: Use LED light bulbs and turn them off when they're not needed. Adjust your thermostat (68 or lower in the winter and 78 or higher in the summer). Turn off electronics when not in use. Encourage people to walk to mass and meetings or to carpool (display bus or train information in the parish). Check you are recycling and composting as efficiently as possible. Challenge yourself to a personal, family, or group 'unplugged' day – everyone can pledge to live without their tablets, phone, TV, or radio. Instead head outside, visit a park, enjoy each other's company and God's creation. 		
Make time for silence and prayer in your day.		
Your ideas:		



Your Simple Living Commitments

After you have read and discussed the above list, what will you and your community commit to do? Write your commitments of how you will live simply, sustainably and in solidarity with God's creation and how your community might live more simply and sustainably. Take the worksheet home and let it help you get started in your journey to a simpler and more "abundant life". You can access the online version of the worksheet here or scan the QR code



Individual/family commitment:	
Possible* community (parish, school, religious order, etc.) commitment:	

*We understand that you may need to have further discussions and planning meetings to decide on your community commitment(s).

Want to share your commitments?

You are invited to submit your "Simple Living Commitments" both as individuals/families and as a community here.

We would love to know of your commitments and share the ideas and actions as possible stories on www.GodsPlanet.us. You can also take a photo of your group gathered or in action and email it to us with your commitment(s) with the words "Simple Living Commitments" in the subject line to info@catholicclimatecovenant.org, and we can share the photo(s) on social media.



