



# simple living: God's Vision of Abundant Life

## 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 <b>calculate your carbon footprint</b> with this <a href="#">free carbon footprint calculator</a> from the EPA or this <a href="#">Lifestyle Calculator</a> from the United Nations.	<input type="checkbox"/>	<input type="checkbox"/>
Have at least one <b>meat-free day</b> every week. (To help you, check out resources from the <a href="#">Sisters of Mercy</a> and from <a href="#">Meatless Mondays</a> .)	<input type="checkbox"/>	<input type="checkbox"/>
Commit to <a href="#">reduce pesticides/herbicides</a> on your lawns and try planting more <a href="#">native trees and plants</a> .	<input type="checkbox"/>	<input type="checkbox"/>
Commit to buy nothing "new to you" (repurpose, borrow, thrift, use neighborhood "Buy Nothing" groups, etc.).	<input type="checkbox"/>	<input type="checkbox"/>
Challenge yourself, your family, and your community to walk, cycle, or use public transportation everywhere you can to benefit your mind, body, and soul.	<input type="checkbox"/>	<input type="checkbox"/>
Make your family and community <a href="#">meetings and events planet-friendly</a> :	<input type="checkbox"/>	<input type="checkbox"/>
• Choose <a href="#">Fairtrade</a> tea, coffee, chocolate and use real dinnerware.	<input type="checkbox"/>	<input type="checkbox"/>
• Do the cleaning and washing up with environmentally friendly products.	<input type="checkbox"/>	<input type="checkbox"/>
• Reduce the amount of paper you print for mass, for events and for meetings.	<input type="checkbox"/>	<input type="checkbox"/>
<a href="#">Reduce your use of energy in your facilities and at home</a> :	<input type="checkbox"/>	<input type="checkbox"/>
• Use LED light bulbs and turn them off when they're not needed.	<input type="checkbox"/>	<input type="checkbox"/>
• Adjust your thermostat (68 or lower in the winter and 78 or higher in the summer).	<input type="checkbox"/>	<input type="checkbox"/>
• Turn off electronics when not in use.	<input type="checkbox"/>	<input type="checkbox"/>
• Encourage people to walk to mass and meetings or to carpool (display bus or train information in the parish).	<input type="checkbox"/>	<input type="checkbox"/>
• Check you are recycling and composting as efficiently as possible.	<input type="checkbox"/>	<input type="checkbox"/>
Challenge yourself to a <b>personal, family, or group 'unplugged' day</b> – 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.	<input type="checkbox"/>	<input type="checkbox"/>
Make time for silence and <a href="#">prayer</a> in your day.	<input type="checkbox"/>	<input type="checkbox"/>

Your ideas: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_



## Bigger Steps

	Individual/ Family	Community
<b>Conduct an energy audit of your home, parish, school, etc.</b> Check with your local utility about getting an energy audit done for your home or church facilities. Depending on what you discover you could reduce your carbon footprint by insulating buildings, increasing insulation, installing ground source heat pumps and/or solar panels. For more information on solar and energy efficiency programs check <a href="http://www.CatholicEnergies.org">www.CatholicEnergies.org</a> .	<input type="checkbox"/>	<input type="checkbox"/>
Check that your energy (at home and parish/school) is from a renewable source. If it isn't, take steps to <a href="#">switch to renewable source</a> .	<input type="checkbox"/>	<input type="checkbox"/>
Switch to low-flow faucets and toilets.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Turn your lawns into meadows!</b> Set aside part of your parish or community grounds for a <b>wildlife garden or community vegetable garden</b> , complete with insect hotels, bat boxes and bird houses. Start a gardening club with a seed, sapling, or harvest swap. (Check the <a href="#">St. Kateri Conservation Center</a> for ideas)	<input type="checkbox"/>	<input type="checkbox"/>
<b>Support your local Catholic Charities.</b> They can help you become a collection point for a foodbank, or a support service for the homeless. Find out how they are supporting refugees in the area and how you as a parish/community can help.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Commit to buy nothing (except essentials such as groceries, medicines) for a month or a year.</b> This could be your clothes, furniture, household electronics, etc. This is a step up from "buy nothing <i>new</i> to you".	<input type="checkbox"/>	<input type="checkbox"/>
<b>Switch to an ethical bank</b> (at home and in the parish or community) that doesn't invest in fossil fuel projects.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Set aside time to read and reflect on <i>Laudato Si'</i></b> as a family, parish, or community.	<input type="checkbox"/>	<input type="checkbox"/>
Form an action group at church. We are all strengthened when we act together as a community: consider <a href="#">forming a Creation Care Team</a> .	<input type="checkbox"/>	<input type="checkbox"/>
Join the <a href="#">Encounter Campaign</a> to advocate for just energy and climate policies.	<input type="checkbox"/>	<input type="checkbox"/>
<b>Enroll in the <i>Laudato Si'</i> Action Platform</b> as an individual/family or as a community (parish, school, etc.) NOTE: <a href="http://www.GodsPlanet.us">www.GodsPlanet.us</a> is a website created to accompany the U.S. Catholic Community as it embarks on this seven-year sustainability journey and where you will find lots of resources and information. By completing this worksheet, you have created the action plan for the Simple Lifestyles goal of the Platform!	<input type="checkbox"/>	<input type="checkbox"/>

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](http://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](mailto:info@catholicclimatecovenant.org), and we can share the photo(s) on social media.

