

Sustainability Worksheet

Why I want to live sustainably:

Defining your 'Why' strengthens your understanding of why this is important to you

Old habits to minimize:

Listing the old habits, you want to leave behind will help boost your desire to follow-through.

My starting point:

Ascertaining your starting point will help you set sensible goals for where you are right now. Nobody is looking, so you can be honest with yourself!

New habits to acquire:

Explore what habits you'd be interested in adopting, and feel free to add new one's if you get inspired during the month!

My commitments:

Establishing how much you are willing to commit to reaching your goal will help ensure you're not biting off more than you can chew.

Changes I would like to see in 30 days:

Where would you like to see yourself in 30 days when you have gone through all 10 steps?

Reflection upon the last 30 days:

What have you learned from the 10 steps? What will you continue with? Is there something that took you by surprise? Is there anything you would recommend to others?