

# Giving Up

## **THE ENDLESS TO-DO**

**LIST:** There is always something more to do? Create for yourself some practice or routine of sabbath, rest, down-time.

## **ALTERNATIVES TO**

**DRIVING:** How many times a week can you eliminate a car trip? Think about alternative modes of transport and bundling trips.

## **NO STRESS EATING:**

It is common to handle anxiety with food. Can you adopt a healthier coping mechanism?

## **ADJUST YOUR THERMOSTAT A COUPLE DEGREES:**

Both a/c & heating are energy-intensive. Rely less on both as much as possible. Program the thermostat for when you are away or asleep.

Keep your in home temperature closer to the outdoor temperature.

## **END EXCESSIVE ALCOHOL CONSUMPTION:**

Decrease the number of drinks you have each week.

## **AVOID PLASTICS / DISPOSABLES:**

Not easy in our society, but plastic items can take 450 - 1000 years to biodegrade..

## **NO NEGATIVE**

**SELF-TALK:** Others may say bad things about you, but you don't have to help them! Give up putting yourself down.

**EAT LESS MEAT:** Lent traditionally includes a meatless day. If cattle were their own nation,

they'd be the 3rd largest emitter of greenhouse gases behind China and the U.S. Deforestation for grazing is also a problem with livestock. The growing of grains, fruits & vegetables has a much lower carbon footprint... is easier on the earth.

## **DECREASE SCREEN**

**TIME:** How much time do you spend in front of the t.v. or online? The American average is now 11 hours per day. Create a time for yourself to be screen free... or a plan to reduce your screen time.

## **USE REUSABLE CLOTH SHOPPING**

**BAGS:** How often do you get to checkout and feel bad you need to use their bags? Figure out the system you need to bring your reusable bags when you shop.

# Taking On

## **MOVEMENT:**

Undertake 15 - 30 minutes of constant moving daily.

## **LINE DRY CLOTHES:**

Dryers are energy hogs; clothes hung dry on their own, solar & wind power make it faster.

## **RANDOM KINDNESS:**

Try for 1 additional kind deed a day, even something small.

## **OBEY THE SPEED**

**LIMIT:** Every 10 mph reduces fuel economy by 4 mpg. Slow down; you'll arrive fast enough.

## **GET ENOUGH SLEEP:**

Give yourself 7 - 8 hours of shut-eye every night.

## **MEDITATION/SILENCE / SCRIPTURE**

**READING:** It's not impossible to set aside some time daily for

centering (whatever works!)

## **UNPLUG YOUR**

**ELECTRONICS:** Over 20% of our electric use is from devices that are sitting idle, plugged in.

## **REBALANCE YOUR**

**PLATE:** 1/2 should be vegetables & fruit.

## **PRAY FOR A PERSON**

**A DAY:** Beyond other prayers, add a prayer for someone new each day of Lent?

## **REPLACE AIRLINE**

**TRIPS:** 1 trip across the country produces a warming effect of 2 or 3 tons of CO<sub>2</sub> per person. The average North American produces 19 tons of CO<sub>2</sub> a year. You have to fly across the ocean, but to Boston?

## **RECONNECTING:**

Reach out to someone you've been out of touch with / make amends with someone you're on the outs with.

## **BUY FOODS LOCAL &**

**SEASONAL:** Food transport is a significant source of greenhouse gases. Buy local produce in season to cut down on fossil fuels.

## **TAKE A WALK:**

Daily or weekly, schedule to walk without a destination, just to enjoy & observe.

## **PROJECT FINISHING:**

Whatever has been waiting too long; get back to it; get it done.

## **TALK ABOUT YOUR EFFORTS TO BE**

**GREENER:** Research shows; when one makes a sustainability-oriented decision, other people follow and do too.

## **MEAL SHARING:**

Solo table time can be lonely. Seek companions for mealtimes.

## **COMFORT-ZONE**

**BREAKING:** Take on a

challenge that pushes  
you past where you are  
comfortable.