Sustainability Kept Simple – 3 Steps to Follow

Step 1 – Stop and Think

This is the most crucial thing – **Break the habit.** Whatever it is you do or buy, you need to review it periodically. Environment - Man – Society as your hierarchy of Values.

Key questions to ask yourself before buying something are: Do I need this? If I do, can I borrow it? If not, can I rent it? If not, can I buy a “pre-loved” or reconditioned one? If I have to buy a new one, can I buy local and is there an “Eco/Green/Environmentally Sensitive” version?

Step 2 - Compare and Decide

How do you know what is the **“best”** thing to do?

Honestly, there is no simple answer. The journey towards sustainability is iterative – we learn as we go.

The best way to think of it is to just ask, “Which is the better option right now? My old choice or this new one?”

The important thing to remember is:

**“You cannot get it wrong!”**

Any thoughtful choice will most likely be better than what you were doing…

Step 3 – Act Now

This cannot be simpler. **Do something…** Anything. Anything you do is better than the status quo.

Life is about making choices, you do it daily.

**Do not doubt your own judgement.**

All we are asking is that you act with intent rather than habit.

Please share the good news of great new products or services that you have discovered – tell your colleagues, tell your friends, tell your neighbours…

By following this process, you will increase your social bonds in your network and potentially gain new friends by offering out what you have for others to borrow, helping to build upon last year’s vision of sustainability whilst supporting your community.