

SESSION 1 ACTION PLAN: INTENTIONAL LIVING

After completing the readings, take some time to consider actions you can take to live more deliberately, intentionally and purposefully. The “Putting It into Practice” section can get you started.

To see how others have implemented some of these ideas into their daily lives, go to <http://blog.nwei.org>.

For each category, take the following steps:

1. **Identify** use and degree of impact of current habits and behaviors.
2. **Consider** alternatives to existing habits — what would be realistic, yet also challenging and rewarding?
3. **Commit** to making a change or recommit to a previous effort that has lost its momentum. Be specific and select the **one change** you will make before your group meets to discuss Session 1, and highlight it on the chart. This will be your **Action Item** for this session.

Category	Identify Habits	Consider Alternatives	Commit to Change	Timeline	Done?
<p>NOISE Look closely at the distractions you're subjected to. What "background noises" are you dealing with, which hold you back from greater mindfulness?</p>	<p>For example, ordered by what distracts me the most: Social networking sites, text messages, television, radio in the car.</p>	<p>For example: Limit the number of times I check email / Facebook.</p>	<p>For example: Check email only after I have breakfast... in silence, outside.</p>	<p>This week</p>	
<p>CULTIVATING A DAILY PRACTICE Do you stop for at least a few moments every day to get in touch with yourself? With your family/loved ones?</p>	<p>For example, ordered by habits that I find most harmful: My checking email first thing in the morning, kids turning on TV as soon as anyone gets into living room, our eating in front of TV.</p>				
<p>SELF CARE Are you taking care of yourself or are you exclusively focused on taking care of others? Are you spending quality time with people who support you?</p>	<p>For example, ordered by what I would like to do for myself but gets hijacked: Go to the gym, take walks, read more. Main hijackers: Work, volunteer duties I accept.</p>				

SESSION 2 ACTION PLAN: CONSUMERISM

After completing the readings, take some time to consider actions you can take to reduce your consumption of material goods. The “Putting It into Practice” section can get you started.

To see how others have implemented some of these ideas into their daily lives, go to <http://blog.nwei.org>.

For each category, take the following steps:

1. **Identify** use and degree of impact of current habits and behaviors.
2. **Consider** alternatives to existing habits — what would be realistic, yet also challenging and rewarding?
3. **Commit** to making a change or recommit to a previous effort that has lost its momentum. Be specific and select the **one change** you will make before your group meets to discuss Session 2, and highlight it on the chart. This will be your **Action Item** for this session.

Category	Identify Habits	Consider Alternatives	Commit to Change	Timeline	Done?
<p>PHYSICAL CLUTTER Look closely at the things that surround you. Do they generate a feeling of peacefulness or anxiety?</p>	For example, ordered by what makes me most anxious: My desk, my workspace, my living room, my closets, my car.	For example: Give away excess clothes; Freecycle things I don't need.	For example: Clear out one drawer and keep only the essentials.	Today	
<p>CONNECTION TO CONSUMER CULTURE Pay attention to how often you're exposed to messages urging you to shop, and to how you respond to them.</p>	For example, ordered by how often I succumb: TV, mail-order catalogs, emails announcing "one-day-sales," falling prey to buying "convenience" rather than making something myself.				
<p>BUYING HABITS Keep track of your spending for a week, and of how you feel after buying something. Evaluate why you buy what you buy, and whether you truly need it.</p>	For example, ordered by how much I think I spend: Groceries, fancy coffee before work, impulse buys at supermarket, responding to my child's requests to buy stuff for him.				

SESSION 3 ACTION PLAN: WORK

After completing the readings, take some time to consider actions you can take to make your work more meaningful and rewarding. The “Putting It into Practice” section can get you started.

To see how others have implemented some of these ideas into their daily lives, go to <http://blog.nwei.org>.

For each category, take the following steps:

1. **Identify** use and degree of impact of current habits and behaviors.
2. **Consider** alternatives to existing habits — what would be realistic, yet also challenging and rewarding?
3. **Commit** to making a change or recommit to a previous effort that has lost its momentum. Be specific and select the **one change** you will make before your group meets to discuss Session 3, and highlight it on the chart. This will be your **Action Item** for this session.

Category	Identify Habits	Consider Alternatives	Commit to Change	Timeline	Done?
SATISFYING WORK (paid or unpaid) Are you pleased with the “work” part of your life?	For example: I’m bored by my job but am very afraid to give it up in this recession.	For example: Start considering a side-business based on my hobbies; consider joining a volunteer group in area of interest.	For example: Check Wanted ads, or get together with other friends who feel this way and see if we can help each other get out of our ruts.	This week	
TIME/MONEY Are you aware of how many hours of work the goods and services you consume actually cost you? Include your commute in your time calculations.	For example, order the things you pay for — unlimited cell phone service, clothing for work, lawn service — by the number of hours you must work to pay for them.				
BALANCE Are you working too hard and playing too little? Or the opposite?	For example, ordered by what most disrupts my balance: Saying yes to extra work I don’t really need to take on, saying yes to my kids’ frequent requests to drive them to the mall.				

SESSION 4 ACTION PLAN: TIME

After completing the readings, take some time to consider actions you can take to invest your time in what matters most to you. The “Putting It into Practice” section can get you started.

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For each category, take the following steps:

1. **Identify** use and degree of impact of current habits and behaviors.
2. **Consider** alternatives to existing habits — what would be realistic, yet also challenging and rewarding?
3. **Commit** to making a change or recommit to a previous effort that has lost its momentum. Be specific and select the **one change** you will make before your group meets to discuss Session 4, and highlight it on the chart. This will be your **Action Item** for this session.

Category	Identify Habits	Consider Alternatives	Commit to Change	Timeline	Done?
HABITS FOR SLOWING DOWN What am I doing right, regarding giving myself time to enjoy life?	For example, ordered by how good these make me feel: Taking a weekly walk in the neighborhood with a friend, reading before bed, playing with my kids.	For example: Increase frequency of walks, give myself more time to read, give our family more time to play together without electronic distractions.	For example: Try to observe a secular Sabbath for 2 hours this weekend.	Start this week, and successively increase number of hours until I manage an entire day each week.	
ELECTRONIC DISTRACTIONS For a week keep track of how much time you spend with your eyes glued to a screen.	For example, ordered by time I spend on each device: Cell phone, computer, TV.				
OVERSCHEDULING Is your overscheduling real, or are you considering some optional activities to be mandatory?	For example, ordered by how much these habits make me feel overscheduled: Social obligations, email, tending my lawn.				

SESSION 5 ACTION PLAN: LIVING SIMPLY ON EARTH

After completing the readings, take some time to consider actions you can take to create a sustainable lifestyle. The “Putting It into Practice” section can get you started.

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For each category, take the following steps:

1. **Identify** use and degree of impact of current habits and behaviors.
2. **Consider** alternatives to existing habits — what would be realistic, yet also challenging and rewarding?
3. **Commit** to making a change or recommit to a previous effort that has lost its momentum. Be specific and select the **one change** you will make before your group meets to discuss Session 5, and highlight it on the chart. This will be your **Action Item** for this session.

Category	Identify Habits	Consider Alternatives	Commit to Change	Timeline	Done?
LIVING LIGHTLY / CONSERVATION Pay attention to habits that may be wasteful.	For example, ordered by the main ways I don't live lightly: Leave lights/vampire electronics on, leave water running, eat produce out of season, consume too much plastic.	For example: Teach my kids to turn off faucet while washing dishes and brushing their teeth, unplug electronics, cook more at home.	For example: Bring our own containers to restaurant to pack leftovers.	This weekend	
SPENDING TIME IN NATURE How can I/we spend more time outside?	For example, ordered by main time stealers: Kids watching TV or at computer instead of learning about nature in garden; we don't hike with them.				
REDUCING "SACRIFICE" TO HELP OUR PLANET Consider Duane Elgin's list of sacrifices: What "sacrifices" can you get rid of in order to more fully enjoy your life?	For example, ordered by "sacrifices" I'm currently making: Never made the time to get to know my neighbors to figure out what we can share (carpools, tools, etc.), drive too much in heavy traffic.				