Spiritual Action Initiative

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|  | **Spiritual Action Green Checklist**  Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Week starting:\_\_\_\_\_\_\_\_\_\_\_ |  |
| *Give yourself a point for each action to see how green your current practices are.*  Find more info on the back of this form, and at spiritualaction.org. | |

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|  |  | **Add a point if progress made** |
| **Personal Action** | 1. Consumption |  |
| Examined source of my food: Ate local, organic, and plant-based |  |
| Used water mindfully |  |
| Used clean energy mindfully |  |
| Bought only things I truly need (didn’t over-consume) |  |
| Used only green products from renewable sources (didn’t use disposables and toxics) |  |
| Bought items in minimal, compostable packaging |  |
| Shopped local (reduces shipping) |  |
| **B. Proper Disposal** |  |
| Reused, repurposed and recycled properly |  |
| Composted organic waste |  |
| Disposed of toxic materials responsibly |  |
| **C. Non-toxics** |  |
| Used non-toxic cleaning supplies |  |
| Didn’t use air fresheners, fragrances, colors, or cosmetics with synthetics & chemicals |  |
| Avoided use of toxic materials like toxic pesticides, herbicides or fertilizers |  |
| Avoided use of plastic |  |
| **D. Transportation** |  |
| Walked, biked, or used other carbon-free transport |  |
| Used public transportation |  |
| Carpooled or used electric/hybrid car |  |
| Didn’t take a plane, or minimized air travel and paid carbon tax for flights |  |
| **Social Action** | Supported friends & family to act with climate awareness |  |
| Shared climate information with others on how to take compassionate action |  |
| Donated money and/or was a member of a climate action organization |  |
| Responded or organized a call to green action |  |
| Supported green businesses and banked responsibly |  |
| Boycotted or disinvested from corporate and other polluters |  |
| **Spiritual Action** | Maintained my personal spiritual practice |  |
| Was mindful of my oneness with Earth and all beings while engaging in daily actions |  |
| Meditated, prayed, recited mantras, visualized a healthy planet and/or sent healing energy/intentions for Earth and all beings |  |
| Approached my activism with love, compassion and grounding in spiritual values |  |
| Maintained equanimity, love and positivity in face of obstacles, negativity, greed |  |
| Joined other spiritually minded people/groups for social or climate justice |  |
| ***Score for the Week:*** | |  |

*25-30 points* **Green Bliss** *18-24 points* **Green Giant** *11-17 points* **Green Smoothie** *5-10 points* **Green Sprout**