

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.

		Add a point if progress made
Personal Action	A. 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:		