

MY ENVIRONMENTALLY FRIENDLY ACTIONS

A self-assessment on Individual Environmentally-friendly Attitudes, Behaviours, Habits, Knowledge and Lifestyles.

The **self-assessment** was created by the trainer Marta Podniece and used during the training course implemented by Mission:Reconnect within the project Nature the Youth Work, 2023-3-CZ01-KA153-YOU-000175863.

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On a PERSONAL LEVEL:

NUTRITION:

- I grow my own food. **YES/NO**
- I have a small 'garden' in the house/apartment, where I grow vegetables/fruits and herbs. **YES/NO**
- I always buy only as much food as I need. **YES/NO**
- I cook every day. **YES/NO**
- I like to cook from leftovers to prevent food waste. **YES/NO**
- I am always curious to learn new recipes so that I don't waste any food. **YES/NO**
- I like to share my recipes that I come up with. **YES/NO**
- I have reusable containers, where I store my food. **YES/NO**
- I chop up leftover fresh products and freeze them for later. **YES/NO**
- I conserve/ferment/pickle food and store them for later use. **YES/NO**
- I try to buy local produce at Farmer's Markets as much as possible. **YES/NO**
- I know of places in my town/city where I can buy produce in bulk (e.g. no packaging/zero waste shops). **YES/NO**
- I buy produce in bulk from zero waste shops in my town/city. **YES/NO**
- I buy organic produce from farmers directly. **YES/NO**
- I try to avoid buying produce that has been flown half-way across the world. **YES/NO**
- I avoid buying food in single-use packaging. **YES/NO**
- I bring my own containers/textile food bags to the shop, when I buy groceries. **YES/NO**
- I bring my own bags when I go grocery shopping. **YES/NO**
- If I don't have a bag, when grocery shopping, I always opt for a multiple-use bag. **YES/NO**
- I know places (cafes, restaurants) in my town, where I can buy prepared food for a discounted price, helping it not to go to waste. **YES/NO**
- I buy prepared food from places (cafes, restaurants) in my town that offer today's produce for a discounted price. **YES/NO**
- I drink tap water daily. **YES/NO**
- I use reusable water bottles to store drinking water for my personal use. **YES/NO**
- I cook only as much water as I need (for a coffee or tea). **YES/NO**



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On a PERSONAL LEVEL:

PERSONAL HYGIENE:

- I always check if the cosmetic items (shampoo, face creams, shower gels, soap, shaving foam etc.) have been produced with natural ingredients. **YES/NO**
- I always buy cosmetic products of natural origin. **YES/NO**
- I buy dry soaps and shampoo bars. **YES/NO**
- I make my own cosmetic products. **YES/NO**
- I make my own toothpaste. **YES/NO**
- I use environmentally-friendly toothbrushes made from wood or bamboo. **YES/NO**
- I always turn off the water faucet while I brush my teeth. **YES/NO**
- I try to reduce the time I spend in the shower to save water. **YES/NO**
- I try to have fewer baths (if relevant) to save water. **YES/NO**
- I use reusable razor. **YES/NO**



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On a PERSONAL LEVEL:

HOUSEHOLD MAINTENANCE:

- When I buy cleaning products, I always check and make sure there are no harmful ingredients in them. **YES/NO**
- I make my own cleaning products. **YES/NO**
- I share home-made recipes of cleaning products with my community (friends, family, work). **YES/NO**
- I try to use water as efficiently as possible, when washing the dishes. **YES/NO**
- I make my own dishwashing liquid. **YES/NO**
- I make my own laundry detergent. **YES/NO**
- I only buy laundry detergents/powder from proven environmentally-friendly brands. **YES/NO**
- I always load a full washing machine to wash clothes. **YES/NO**
- I try to wash my clothes at low temperatures whenever possible. **YES/NO**
- I air dry clothes after washing them. **YES/NO**
- I have installed micro-fiber water filters for my washing machine, so that it releases less micro-plastics from washing clothes. **YES/NO**
- I fix broken household items or bring them to someone who can repair /service them. **YES/NO**



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On a PERSONAL LEVEL:

WARDROBE:

- I take a good care of my clothes and shoe wear, and make sure I can wear them for a long time. **YES/NO**
- I believe that it is possible to create your own fashion style that does not require regular updates. **YES/NO**
- I have adapted a *Capsule Wardrobe* principle in my wardrobe to have lesser need to buy new clothes/shoes. **YES/NO**
- When I purchase new clothes/shoes, I also care that my clothes/shoes are made of good quality material, so that they may last a long time. **YES/NO**
- I know places in my town/city where I can bring my shoes/clothes to be fixed. **YES/NO**
- I bring my shoes/clothes to the places where they can be fixed, when they are damaged. **YES/NO**
- I know how to fix my clothes and I do it myself. **YES/NO**
- I know places in my town/city where to bring clothes/shoes that are at the end of their serving life. **YES/NO**
- When I purchase new clothes I refuse buying clothes made from or with mixtures of synthetic materials (e.g. nylon, acrylic, polyester) **YES/NO**
- I am aware that synthetic textile materials contribute to adding more micro-plastics to the environment, and have very environmentally unfriendly production processes. **YES/NO**
- I am aware of the unsustainable and unethical production processes of textile and fashion industry in general, and I try to avoid brands that are known for that. **YES/NO**
- When I purchase new clothes/shoes, I care that they are produced ethically. **YES/NO**
- I buy second-hand clothes/shoes, when possible. **YES/NO**
- I donate or give away clothing items/shoe wear that do not serve me anymore. **YES/NO**
- I create new things or refashion my clothes, when they don't serve their purpose anymore. **YES/NO**
- I share my skills and knowledge in refashioning clothes with my community (friends, family, work etc.) **YES/NO**
- I know about *Cloth Swap* initiatives in my community/town/city. **YES/NO**
- I participate in *Cloth Swap* initiatives in my community/town/city. **YES/NO**
- I organise *Cloth Swap* initiatives for my community/town/city. **YES/NO**



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On a PERSONAL LEVEL:

ENERGY CONSUMPTION AND ELECTRONIC DEVICES:

- I always unplug all the unnecessary electronic devices (a lamp, a laptop, phone charger), when I leave home. **YES/NO**
- I try to unplug electronic devices (a lamp, a laptop, phone charger etc.) when they are not in use. **YES/NO**
- I am aware that even if not in use, but plugged in, the electronic devices still use the electricity. **YES/NO**
- I use energy-efficient light bulbs. **YES/NO**
- I am aware of *Planned Obsolescence*. **YES/NO**
- I would prefer to purchase quality hardware (laptop, computer, TV, gaming console, mobile phone) that lasts longer and is more energy-efficient. **YES/NO**
- I would prefer to purchase quality software that would have life-time updates and would not require consistent updates to newer versions. **YES/NO**
- I am interested in alternative ‘clean’ energy sources (e.g. solar panels, heat pumps). **YES/NO**
- I have installed ‘clean’ energy devices (e.g. solar panels, heat pumps) in my household. **YES/NO**
- I have written to energy companies to demand that they increase their research on improving the efficacy, as well as the recyclability of alternative ‘clean’ energy sources such as wind turbines and solar panels. **YES/NO**



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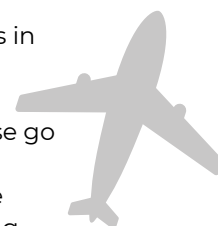
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On a PERSONAL LEVEL:

WORK ENVIRONMENT:

- My work establishment is putting a lot of effort to optimise their working processes in order to minimize waste production and choosing more environmentally-friendly options as in the office/working processes, as in production (of products, if relevant). **YES/NO**
- I am sorting waste at my work establishment, when possible. **YES/NO**
- I reuse items/products at my work establishment that would otherwise go to trash. **YES/NO**
- I demand more environmentally sustainable solutions and ideas to be implemented at my work place (avoiding food waste, transport sharing with colleagues, reusing materials etc.) **YES/NO**
- I try to keep work assignments as digital as possible to not create unnecessary paper waste. **YES/NO**
- I promote and advocate 'green solutions' at my work place. **YES/NO**



TRANSPORT AND TRAVEL:

- I walk/ride a bike or an electric scooter to my work or places I need to be within my vicinity. **YES/NO**
- I use public transport to get to work or places I need to be within my vicinity. **YES/NO**
- I try to travel by train or bus, or use car-sharing, when travelling longer distances. **YES/NO**
- I try to avoid travelling by plane as much as possible. **YES/NO**
- I am aware of the carbon footprint I create when I travel by plane. **YES/NO**
- I have written to celebrities, millionaires and billionaires to demand that they stop using private jets. **YES/NO**
- When I fly, I plant a tree or donate to an organisation that plants trees. **YES/NO**



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On a PERSONAL LEVEL:

HOBBIES, LEISURE AND ENTERTAINMENT:

- I try to buy second-hand equipment for my hobbies, unless there is nothing available but new. **YES/NO**
- I try to take care of my equipment for my hobbies, so that it lasts as long as possible. **YES/NO**
- I borrow tools or equipment from my friends, community, acquaintances for specific occasions when I need them. **YES/NO**
- I am aware where in my town/city are Tool Libraries (places, where you can rent tools for use). **YES/NO**
- I am using the Tool Libraries for renting specific tools that I need for my hobby or house projects. **YES/NO**
- When I go out, I refuse straws in my drinks. **YES/NO**
- I like to dine in establishments (restaurants, cafes) that offer menus with dishes and beverages made from season-appropriate local produce and/or surplus gathered from local farmers. **YES/NO**
- I am aware of and I support reputable brands/establishments and their sustainability efforts in their working and production processes. **YES/NO**
- I enjoy trips to the countryside. **YES/NO**
- I refuse to use single-use plates, cutlery or cups when on an outing (e.g. camping, picnic, festival). **YES/NO**
- I bring my own multiple-use plates, cutlery and cups when on an outing (e.g. camping, picnic, festival). **YES/NO**
- I borrow books from a library instead of buying new books. **YES/NO**
- If I buy books, I try to purchase second-hand books, when possible. **YES/NO**
- I read all my books in digital format. (e.g. e-reader or online) **YES/NO**
- I read books as in digital as in hard copy format. **YES/NO**
- Before I purchase something online or in a physical store, it is important for me to know that the product/service I am purchasing is ethically and sustainably made and is of good quality. **YES/NO**
- When I shop online or in a physical store, I pay attention to the packaging that I receive the product in and whether it is sustainable. **YES/NO**



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On a PERSONAL LEVEL:

WASTE MANAGEMENT:

- I try to generate as little waste as possible. **YES/NO**
- When an item/product stops serving its purpose, I think of the ways how I can reuse it or fix it. **YES/NO**
- I like to create new things from waste materials (furniture, textiles, paper, plastic etc.). **YES/NO**
- I know where in my town/city I can dispose of different types of garbage (plastic, paper, textiles, oil, bio, electronic etc.) **YES/NO**
- I sort my garbage and dispose of it in the specially assigned public garbage containers for each type of trash. **YES/NO**
- I know which ingredients can go into compost. **YES/NO**
- I compost my bio-waste in my own compost bin. **YES/NO**
- I am aware of the harmful effects of not sorting trash and it ending up in a landfill. **YES/NO**
- I try to purchase quality products that have a long serving life and that can be repaired and returned to the manufacturer for recycling at the end of its life. **YES/NO**
- I always make sure that I choose digital receipts and bills over printed ones to contribute to creating less paper waste. **YES/NO**
- I am fully aware that medical waste is considered hazardous and I know of places (e.g. pharmacies) in my town/city where I can bring my medical waste to be disposed properly. **YES/NO**



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On a COMMUNITY LEVEL:



NATURE:

- I care about nature and environment I live in. **YES/NO**
- I care about nature and environment I live in and I make sure it stays as clean and as undamaged as possible. **YES/NO**
- I acquaint myself with the different species of plants and animals so that I can identify and observe them when I am in nature. **YES/NO**
- I think all contemporary plant species should be preserved because they may help in the discovery of new medicines. **YES/NO**
- I like to be outdoors as much as possible. **YES/NO**
- I go for walks in nature daily. **YES/NO**
- I enjoy doing sports outdoors. **YES/NO**
- If an intensive chicken farm were to be created near where I live, I would be against it, because it may pollute the groundwater. **YES/NO**
- Industrial smoke from chimneys makes me angry. **YES/NO**
- I think humans will die out if we don't live in harmony with nature. **YES/NO**
- I think that we as a society must set aside areas to protect endangered species. **YES/NO**
- I take part in the public hearings/debates at my local municipality on environmentally-friendly improvements in my city/town. **YES/NO**
- I actively suggest environmentally-friendly improvements/solutions to my local municipality. **YES/NO**
- I participate in local environmental awareness activities organized by my local municipality/NGOs /university etc.(e.g. clean-up of areas, planting trees, community gardening). **YES/NO**
- I am part of a local NGO/municipality/university etc. that organises environmental awareness activities. **YES/NO**
- I myself organise local environmental awareness activities/informative events in my city/town. **YES/NO**
- I actively encourage sorting waste in my community (family, friends, neighbours, work, social circle). **YES/NO**
- I actively promote Zero Waste ideas and principles in my community (family, friends, work, social circle etc.) **YES/NO**



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On a COMMUNITY LEVEL:



- I call out people that litter in public. **YES/NO**
- I know where in my town/city is a 'Solidarity Fridge'. **YES/NO**
- I contribute fresh unused products to the 'Solidarity Fridge', so that no food is wasted and food is eaten by people that need it most. **YES/NO**
- I refuse to participate in 'Black Fridays' **YES/NO**
- I live a minimalist lifestyle. **YES/NO**
- I live a *minimalist* lifestyle and I share the minimalist ideas with my community. **YES/NO**
- I participate in locally organised protests and demonstrations on issues of sustainability in my town/city. **YES/NO**
- I organise demonstrations and protests on issues of sustainability in my town/city. **YES/NO**
- I sign petitions. **YES/NO**
- I have written to big corporations like 'Nestle' or 'Coca Cola' to demand that they return to using glass bottles only. **YES/NO**
- I have written to big corporations to demand that they engage in sustainable mining, animal-friendly farming, responsible water management and/or responsible waste management. **YES/NO**
- I wish that topics about nature conservation were addressed more actively in my community. **YES/NO**
- I actively share my knowledge and thoughts on environmentally-friendly solutions with a wider audience outside my immediate circle (e.g. I write blog, do podcasts, share documentaries, research or interesting articles/videos on the topic etc.) **YES/NO**



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ACTIVITIES I WOULD LIKE TO**RECONSIDER:**

List or circle all the activities (especially the ones where you answered NO) that you personally would like to TRY to do differently

**ACTIVITIES WE COULD DO MORE
AS A SOCIETY/COMMUNITY:**

List any ideas that you think should be addressed more pro-actively and on a wider scale

KNOWLEDGE I'D LIKE TO OBTAIN:

List things that you'd like to learn more about/Your personal Curiosities in regard to Environmental Sustainability and/or Environmentally Sustainable Practices

ANY NEW IDEAS OR SOLUTIONS?

List any ideas or environmentally-friendly solutions that came to your mind that you could explore and develop further personally or on a community level



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