

1 & 1X: Activist Bonus Self-Empowerment Activities

(Eco-Conscious Living)



The activities in this course offering are designed to support you in cultivating eco-conscious lifestyle awareness. Use them to identify your interests and nurture your talents in the realm of eco-conscious living. Be the eco-learner and Eco-Mentor you were born to be!

ACTIVITIES IN PART 1 INCLUDE:

- How Big Is Your Ecological Footprint?
- Quiz: Do Wounded People Wound the Earth?
- Take the Climate Reality Quiz
- Does Climate Change Cause You to Experience Anxiety?
- The Heat is on (Examining the Relationship between Global Warming and Our Food Choices)
- Why Do Humans Eat in Such a Complicated Way?
- Exploring the Hi-story My Food Choices Are Making
- Fewer People, More Habitats
- Is Water the New Oil?
- How Does Industrial Air Pollution Hurt Your Health and Plant & Animal Biodiversity?
- Are Wind Turbines the Answer to Our Electricity Needs? (What is Wind Turbine Syndrome?)
- Is Vampire Power Sucking Our Global Energy Supply Dry?

- Moving to Sweden, a Place That's Enhancing Its Immunity to Affluenza
- MPG or 20 MPG: What Does Your Car Say About Your Relationship with the Road and the Natural Environment?
 - Electric Cars Are Cool, But Are They Truly Eco-Friendly?
- If Suffering is the Teacher, what is the Lesson?
- Letter to the Water, Letter to the Land
- Tears from the Rainforest, Cries from the Prairies
- How Will You Help to Create the New American Dream?
- The Power of Choosing
- Earth is Our Home, Even If Saint Ego Has Led us to Believe Otherwise

ACTIVITIES IN PART 1X INCLUDE:

- Do You Suffer from Affluenza?
- Is the Bane of Your Eco-Existence an Unhealthy Lifestyle?
- The Life You Were Born to Live, vs. the Lifestyle You've Been Conditioned to Want
- Is Our Culture Creative Enough to Birth a New Earth?
- To Whom Do We Give Our Free Will as Consumers?
- Would You Like to Be a Lohasian?
- Consumer Co-Dependent, or Consumer Independent?
- Living Deliberately to Create an Eco-Friendly Lifestyle
- Exploring a Process for Clearing Your Self-Limiting Beliefs
- Thrifty is Nifty: Regaining a Sense of Frugality
- Reducing Food Packaging: You Can Make a Difference!
- Are You Ready to Stop Dressing in Toxic Clothing?

- Where Do the Clothes on Your Back Come From?
- My World Montage
- What Is Your Heart's Desire?
- Exploring the Gift of Music During Hard Times
- Which Lens Do You Choose to See Life Through?

Learning Objectives:

Become aware of how your beliefs, actions, and lifestyle choices impact your health and the planet's health.

Be inspired to create a more eco-conscious mindset and lifestyle.

Use your own understanding of eco-conscious living to encourage eco-conscious awareness in others whose health and well-being you care about.

