

## EARTH PEACE TREATY COMMITMENT SHEET

From Thich Nhat Hanh, *The World We Have*

This sheet offers a number of steps we can take to reduce the impact of our ecological footprint. Please look over this and, if you feel inspired, commit to a few or more of them by downloading and marking the blank with a " check. If you already are practicing the step, mark an "X" on the blank. When you are done, please print your commitments onto paper copy so you have them as a reminder.

I \_\_\_\_\_  
commit to:

- Walk or bike to work \_\_ days per week.
- Walk or bike to places within 5 miles.
- Carpool to work or use mass transit.
- Reduce flight travel to less than \_\_\_ flight hours per year.
- Have a car-free day once a week.
- Have a car-free day once a month.
- Work at home one day a week.
- Reduce car trips by \_\_\_ percent.
- Use stairs, not elevators.
- Have an electricity-free day once a week.
- Get an energy audit of my home and improve its efficiency.
- Purchase and install solar panels at home.
- Purchase renewable-source electricity (wind, geothermal).
- Air-dry clothes (without a dryer).
- Reduce the use of hair dryers and appliances.
- Support farmers and reduce food-miles by buying local produce.
- Grow produce at home.
- Not use pesticides or herbicides.
- Purchase \_\_\_ percent organic food.
- Join a Community-Supported Agriculture (CSA) group near my home.
- Replace light bulbs at home with compact fluorescents.
- Eliminate the use of air-conditioning at home.
- Reduce air-conditioning at home by \_\_\_ degrees.
- Reduce heating at home by \_\_\_ degrees.
- Install a programmable thermostat at home.
- Install energy-efficient insulation and windows at home.
- Eat only vegetarian food.
- Drive a fuel-efficient vehicle.
- Avoid purchasing disposable items with lots of packaging.
- Replace paper napkins, towels and plates with reusable equivalents.
- Use the library instead of buying books, as much as possible.
- Use cloth or other reusable bags for shopping, etc.
- Use biodegradable cleaning products.

- Compost kitchen waste.
- Encourage office/school to recycle.
- Share magazines and catalogs by donating them to clinics, etc.
- Reuse and recycle all items possible.
- Buy clothing in used clothing/thrift shops.
- Plant native and drought-tolerant plants where applicable.
- Plant \_\_\_ trees in my neighborhood.
- Turn off computers while not in use.
- Install a power strip for appliances to avoid drawing ghost electricity.
- Set computer and display to turn off after 10 minutes of inactivity.
- Reduce use of hot water by \_\_\_ percent.
- Take only short, warm showers.
- Install a solar water heating unit.
- Re-use gray water.
- Flush only when necessary.
- Reduce overall water use by \_\_\_percent.
- Install a system to recapture and store rainwater.
- Pick up trash along walking/jogging route.
- Encourage a friend to commit to items on this list.
- Educate myself on ecological issues.
- Write articles/stories to help others get in touch with their ecosystem.
- Meditate once a week on my relationship to the ecosystem in which I live.
- Mediate once a week on how I can reduce my consumption, and act on this.
- Write to local and national politicians calling for more effective environmental legislation.
- Support local environmental organizations.

Add my own commitment proposals here: