

Earth Peace Treaty Commitment Sheet

Written by true dedication

Monday, 01 December 2008 14:14

This sheet offers a number of steps we can take to reduce the impact of our ecological footprint on the Earth. Please look over this and, if you feel inspired, commit to a few or more of them by marking the blank with a “?” check. If you already are currently practicing the step, mark an “X” on the blank. When you are done please copy your commitments onto a piece of paper that you can carry with you as a reminder. We will collect this sheet so that we may post your commitments on a website, allowing other practitioners and friends to see and to be inspired by your actions.

I, _____, commit to:

- Walk or bike to work ___ days per week.
- Walk or bike to places within five miles.
- Carpool to work or use mass transit.
- Reduce flight-travel to less than ___ flight-hours per year.
- Purchase energy credits to compensate for travel.
- 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 ___%.
- Use stairs, not elevators and escalators.
- 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 hairdryers and appliances.
- Support farmers and reduce food-miles by buying local produce.
- Grow produce at home.
- Do not use pesticides or herbicides.
- Purchase ___% organic food.
- Join a Community-Supported Agriculture group near by 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.

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- 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, plates with reusable equivalents.
- Use 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 ___%.
- Take only short, warm showers.
- Install a solar water heating unit.
- Re-use greywater.
- When urinating only, do not flush the toilet.
- Turn off faucet while brushing teeth or shaving.
- Reduce overall water use by ___%
- Install a system to capture 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/week on my relationship to the ecosystem in which I live.
- Meditate 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:

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Email: _____

I make the commitment to practice the items that I have checked above so that I may reduce the ecological impact of my way of living.

Signed: _____ Date: _____
