Dig where you stand - 1. My annual footprint

Reflect:
This is an opportunity to look at your lifestyle. This is less about accuracy and more about acknowledgment of where your time, energy and money are going. Think about what you could do to redirect your current habits towards a better quality of life for yourself, others and the environment as a whole.

"What gets measured gets managed"

- Peter Drucker

What utilities do I use?

- Internet (estimated hours used)
- Water (showers, washing up, cooking)
- Electricity, gas (cooking, central heating)
- Mobile phone.

How could I reduce this?

Could I downsize my home? Could I improve home efficiency? Could I seek 'green' suppliers? Could I put lids on pans, lower the temperature in my home? Keep my phone for longer?

Non-durables / consumables spending (things that must be replaced frequently)

Toilet roll, cleaning products, paper, pens, post its, razors, toothbrushes etc.

How could I reduce this?

Are there 'greener' options? What's stopping me from doing things differently?

Screen time

How much time do I spend on Netflx, social media etc.

How could I reduce this?

Am I making the most of my non-work time? What would I rather be doing?

Impact reduction actions already taken

Renewable energy generation, solar water heating, repaired items, self or locally grown food, water conservation etc.

Durables purchases (things I buy every three years or so)

Phone, car, appliances, furniture, jewellery, childrens toys etc. How reguarly do I make a purchase? Do I buy things I don't end up using? What companies do I buy from?

How can I change my habits?

How can I vote with my money? Can I consider local, alternative shops, reducing buying? Can I focus on removing items from my life? What are my motivations for buying more?

Holidays taken

Hours flown? Did my money go into the local community? Did I talk to local people?

How could I reduce this?

Can I holiday in the UK? How can I simplify holidays? If I go abroad, can I offset? Can I take more time to experience the country?

Anything else specific to me

How could I reduce this?

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Dig where you stand - 2. The self-sustainment canvas

Reflect:
How closely aligned are you with your core values? There are 8 categories in the self-sustainment canvas. You may not agree with every statement. This is a chance to identify what your core values are, how closely you're currently aligned with them, and to reflect on how all apsects of your life are interconnected.

'The unexamined life is not worth living'

- Socrates

On a scale of 1-10 (10 being the highest), how true are the statements below? Place a dot on the wheel for each category to align your scores with your core values.

Health and wellbeing

I take action to look after my body in terms of fitness, food, relaxation, meditation, reflection and wellbeing.

Finances

I am conscious of my finances, including savings, pensions and investments. I'm aware of my bank's values and investments. I vote with my money.

Community

I spend time with my friends, family, local community and neighbours. I have strong relationships I enjoy and can rely on.

Social and fun

I make time for recovery and do things for fun.

Physical environment

I live in a space that supports me. I'm surrounded by people who are a good influence.

Personal development

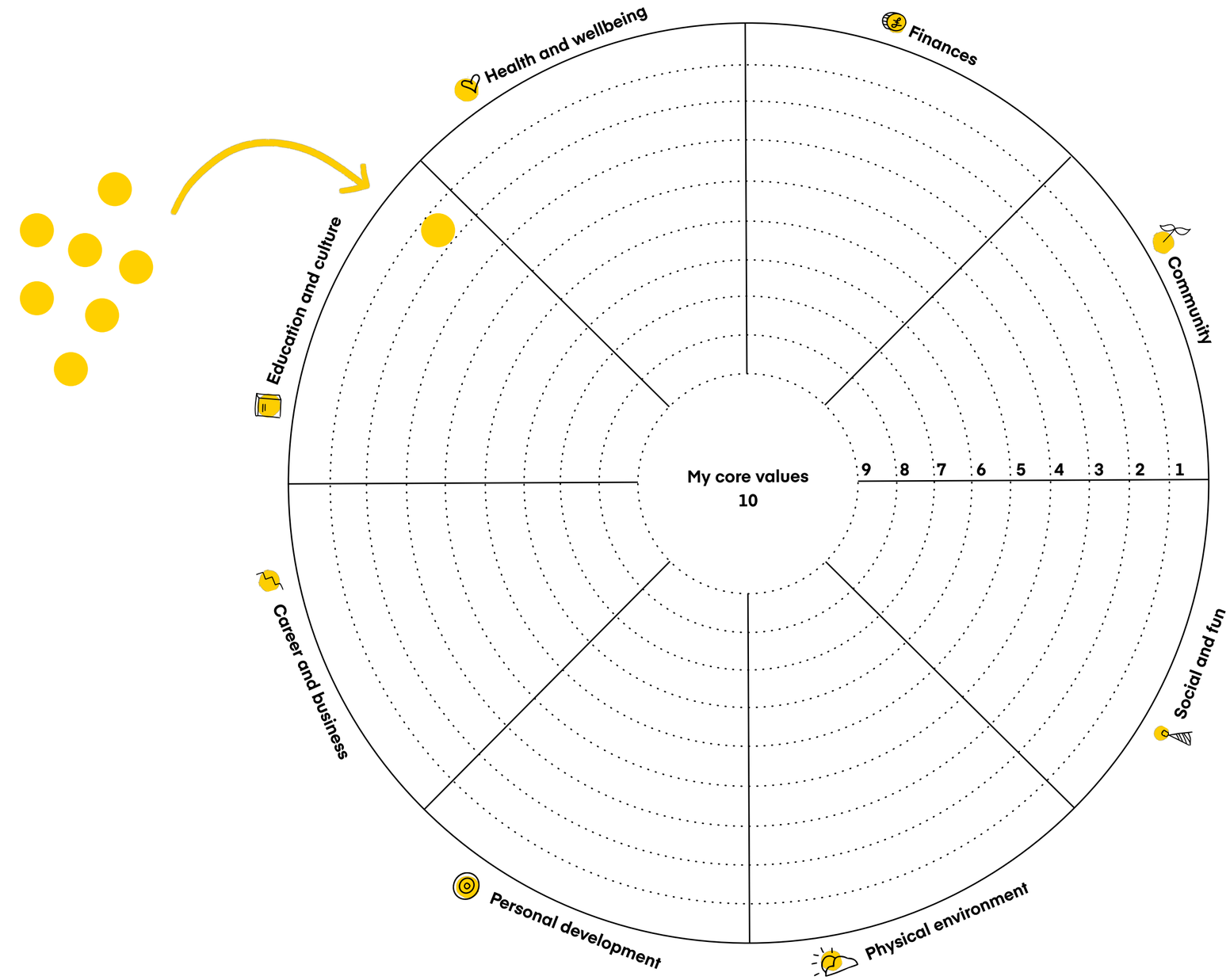
I am focused on the future and pursue actions and goals that help me live in alignment with my core values.

Career and business

I enjoy my career and think about ways I can better my skills for myself and the business.

Education and culture

I continue to learn, visit exhibitions, understand culture and the word around me.



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Dig where you stand - 3. Designing the designer

Create:
Reflect on your self-sustainment canvas and your annual footprint. What needs to change in terms of career, business and lifestyle for you to become more sustainable by design? What are your long-term aspirations versus the things you can start today? Break down long-term goals into smaller habits to make the things you can start today simple and achievable.

"A spider conducts operations that resemble those of a weaver, and a bee puts to shame many architects in the construction of her cells. But what distinguishes the worst of architects from the best of bees is this, that the architect raises his structure in his imagination before he erects it in reality."

- Karl Marx capital volume 1

My career goals

Choose a maximum of three areas of your career you want to improve (ideally being more sustainable is one of them).

What can I start tomorrow?

e.g. Today I am a sustainable designer because I consider the impact of page weight in my designs.

What will take longer, when will I get there and what actions will I need to take?

e.g In a year's time I will have designed a whole sustainable design UI kit to share with the world. To get here I will have to read around the subject, implement it in my own work, collaborate with team members etc.

My lifestyle goals

Choose a maximum of three areas of your lifestyle you would like to improve.

What can I start tomorrow?

e.g I can eat healthy food.

What will take longer, when will I got there and what actions will I need to make?

e.g I will run a marathon. I will need a trainer, training schedule, a community of runners, accountability, to set a date, sign up, pay and commit etc.

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