

Sustainable Ecohabits: Small Actions Create Big Change

DISCUSSION ACTIVITY

ABOUT

Welcome to the Sustainable Habits group activity where we will focus on creating sustainable ecohabits based on the 17 Sustainable Development Goals (SDGs). You can use this discussion activity with your team to learn about and discuss the 17 SDGs and any connection they may have to your organization's sustainability goals.

PREPARATION TIME: The estimated preparation time is 20-30 minutes.

FACILITATOR GUIDELINES: Prior to meeting, please take a few minutes to review the facilitators guidelines on page 3.

CORE MATERIALS TO REVIEW:

1. Visit: [17 Sustainable Development Goals](#) and review 3 or more goal pages that interest you the most.
2. Read: [What Is the Climatarian Diet?](#)
3. Read or listen to: [Instead of New Year's Resolutions, Start and Stick with 'Tiny Habits'](#)

ECOHABIT MAPPING EXERCISE:

After reviewing the core materials, go to the Ecohabit Mapping Exercise. Complete the exercise prior to the small group discussion.

SUSTAINABLE DEVELOPMENT GOALS



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ABOUT THE EARTH MONTH ECOCHALLENGE:

The Earth Month Ecochallenge, running from April 1st to April 30th every year, is a 30-day program focused on environmental and social engagement. During this month, you're invited to select actions that resonate with your values, committing to them for 30 days to foster and reinforce positive habits. Each action you complete earns points and generates real-world impact. Your efforts, combined with those of your team, contribute to a significant collective difference.

Ecohabit Mapping Exercise

PREPARATION: You will need 7-10 minutes and drawing materials.

1. Think of one area of your life, whether home or work, you would like to make sustainable or climate friendly to support the 17 SDGs. For our sample Ecohabit Map, practicing “climate and nature friendly food choices” is our primary goal and supports several SDGs.

2. Now, from your chosen primary goal, list several habits that are more specific secondary goals. For our “climate friendly food choices” example, the secondary levels are to eat no animal-based products and to support pollinators.

3. After you have your secondary goals, add a third level to break this habit down even further. **Is there a more specific and smaller habit you could create?** If you want to eat less animal-based products, maybe you want to remove red meat.

4. Examine your third layer break it down one last time to your fourth and final layer. **What can make this a small habit you’re likely to keep up with?**

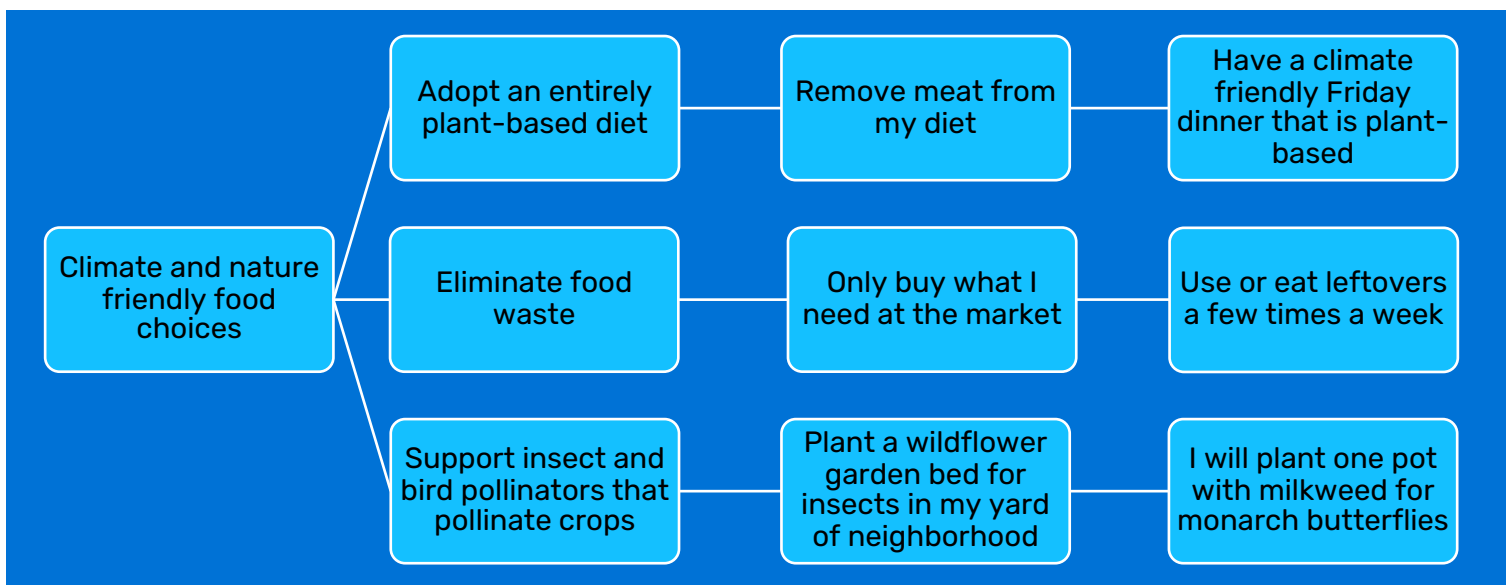
“Our motivation won't always be high, and the way we get around that is to make the behavior really, really easy to do. If a behavior is easy to do, it doesn't require a whole bunch of motivation. If you think, hey, I've got to clean my entire house, you're going to have to be super motivated. But if it's tidy one item - hmm. Yeah, all you need is a tiny bit of motivation.”

- BJ Fogg in *Instead of New Year's resolutions, start and stick with 'Tiny Habits'* (transcript)

Could every Monday be a Meatless Monday? How about a Climate-Friendly Friday dinner? Any day of the week is a good day for climate action!

5. Bring your map to the activity discussion. If the timing lines up, start one of your new small habits before the discussion. Remember small steps lead to big change!

Ecohabit Map



“A climatarian diet isn't a diet with strict rules on what you can and cannot eat. Instead, it focuses on being aware of how foods are produced, processed, and transported. It protects the environment and your health.”

- Cynthia Sass in *What Is the Climatarian Diet?*

“At its heart are the 17 Sustainable Development Goals (SDGs), which are an urgent call for action by all countries - developed and developing - in a global partnership. They recognize that ending poverty and other deprivations must go hand-in-hand with strategies that improve health and education, reduce inequality, and spur economic growth – all while tackling climate change and working to preserve our oceans and forests.”

17 SUSTAINABLE DEVELOPMENT GOALS

Discussion:

CIRCLE QUESTION: Were you familiar with the 17 SDGs? After learning more about the SDGs, which one(s) are you most interested in and why?

DISCUSSION QUESTIONS:

1. Do you make climate-based food choices? What was new to you in the Climatarian food article?
2. Is making new habits difficult for you? Have you used BJ Fogg’s ‘Tiny Habits’ method or other habit building techniques before?
3. What was your primary goal in your Ecohabit Map and what were your smaller actions? Did you take any of them?
4. Did this activity inspire you to make any bigger changes?
5. What opportunities do you see for your organization to align with one of the SDGs?

Facilitator Guidelines:

1. Schedule a 45-60 minute meeting for the activity with your team.
2. Send participants the activity to review prior.
3. When meeting, work on the Circle and Discussion Questions and moderate time. Break large gatherings into groups of 3-4.
4. Use the Circle Question as an icebreaker with no commentary or follow up questions. Next, work on the Discussion Questions allowing everyone to offer their insights. People can also participate through active listening and pass on a question.
5. Consider sharing how this session may tie into your organization’s sustainability goals and initiatives.
6. Thank everyone for attending and encourage them to continue cultivating their ecohabits!

ABOUT ECOCHALLENGE.ORG

Building a more sustainable world and healthier planet can’t be done alone. Ecochallenge.org provides the programs and resources to transform behaviors at work, school, and beyond. Our online challenges are fun, educational, and engaging, while our discussion books go a bit deeper and teach participants how to reflect and act on environmental and social justice conversations. With these programs, we support individuals in connecting daily actions to science-based solutions that affect climate change to create a more sustainable world.

LEARN MORE: Learn more about [Ecochallenge.org](https://www.ecochallenge.org) programs and how they can engage your network:

- [Ecochallenges Events](#)
- [Discussion Books](#)

For more ways to partner, contact:
Liz Zavodsky, Executive Director
liz@ecochallenge.org; 503-277-0653