

# CHOICES FOR SUSTAINABLE LIVING

**NEW EDITION AVAILABLE NOW**  
Course Book Overview and FAQs



Northwest  
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DISCOVER CHANGE, TOGETHER.

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## - INTRODUCTION -

### PLEASE WELCOME THE NEW *CHOICES FOR SUSTAINABLE LIVING* COURSE BOOK!

The new and expanded edition of our most popular course book, *Choices for Sustainable Living*, is now available for order! This edition includes an additional session on water, and has also been designed to be used with an accompanying *Choices for Sustainable Living* online EcoChallenge. Online actions and resources will complement all session content and provide a space for discussion group members to connect with each other and other groups around the world.

#### ? What is the *Choices for Sustainable Living* course book about?

Sustainability is a complex and contested concept, but at its essence represents the hope for a healthy, just and bright future for us all. We offer *Choices for Sustainable Living* as an opportunity to move beyond the hype to explore sustainability more deeply. The course focuses less on defining sustainability than envisioning sustainability – what would a sustainable world look like? And how can we create it together?



## - FREQUENTLY ASKED QUESTIONS -

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### CHOICES FOR SUSTAINABLE LIVING COURSE BOOK



#### **How is the new CSL book different from the previous one? What new content and features can I expect to see?**

The revised edition of *Choices for Sustainable Living* includes a new session on Water, along with the classic sessions from previous editions (A Call to Sustainability, Ecological Principles, Food, Community, Transportation, Consumption and Economy, Visions of Sustainability). The course book focuses less on defining sustainability than envisioning sustainability – what would a sustainable world look like? And how can we create it together?

This new book also explores the idea of “choices” for sustainable living. Some of us have more choice or agency than others, and as individuals, our choices are often constricted or manipulated by complicated and power-laden systems. This course book focuses on the choices you do have, in your individual daily life, to contribute to a healthier, more just and more sustainable world. It also focuses on the choices you have to exercise bigger positive impact, by being a leader or agent of change in your communities and in larger systems. However, in order to explore the idea of choice, we have to look at power and privilege as well. The content in the new edition of *Choices for Sustainable Living* acknowledges the role of power dynamics and examines who is most affected by unsustainable systems.

Finally, this new edition of *Choices for Sustainable Living* uses NWEI’s online EcoChallenge platform to help you discover new ways to make change more possible and powerful, both individually and together. The Choices EcoChallenge will help your group stay connected in between session meetings, connect you to others, and expand your network to everyone around the world who is participating in the course.



#### **How does the new *Choices for Sustainable Living* book content integrate with the online EcoChallenge?**

Your discussion group will be organized as an EcoChallenge Team. Before your first session meeting, sign up for the EcoChallenge using your unique Team URL. Through the EcoChallenge platform, your discussion group team will be able to connect with each other outside of meetings and with other discussion group teams around the world. You’ll be able to learn more about how specific actions connect to the book’s session themes: water, transportation, energy, etc. You’ll explore which actions you’d like to try - and commit to those actions during the duration of your course experience.

## - FREQUENTLY ASKED QUESTIONS -

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### - Answer Continued -

Reflection prompts are offered on the first page of each Session in the book. Reflection prompts ask participants to post their thoughts and feelings about the Session topic in their group's EcoChallenge Feed each week. The 'feed' is a place where you can post photos, thoughts and learnings in a personal blog-style format. Teammates can then respond to each other's posts to offer insight, support and encouragement.

After you finish your readings for each week, course participants will be prompted by "Putting It Into Practice" boxes to choose an Action goal to complete on the EcoChallenge platform. These Actions are related to the content for each Session and help participants learn more, apply their learning locally, and take action toward a more sustainable way of living. Participants are encouraged to set a goal that stretches their comfort zone and makes a difference for themselves, their community, and the planet. A variety of Actions are available for each Session, including Actions that allow participants to measure their individual impact and see the collective impact of everyone doing the EcoChallenge.

The EcoChallenge platform extends your learning by better connecting you to additional resources and opportunities for action. It allows new opportunities for reflection with your peers by allowing you to share your thoughts as they arise and get feedback from your group. And EcoChallenge is proven to better incentivize your action by providing more ideas for action, more accountability to your commitments, and more support for your attempts. It will help you see the impact of your individual actions, the collective impact of your team's actions, and the collective impact of everyone participating in the Choices for Sustainable Living EcoChallenge.



### **How do I get my unique team URL? And how do I get to the new Choices EcoChallenge? Do I need log-in information or a password?**

When purchasing the course book, a link and password will be provided to you for the Choices EcoChallenge. Your group should first select one person to serve as the EcoChallenge Team Captain and create your EcoChallenge Team (see question below on selecting start / end dates). Then, the team captain can invite others to join. If you have any questions or challenges, please contact [support@ecochallenge.org](mailto:support@ecochallenge.org). You can also explore our resources page for video tutorials at [EcoChallenge.org/resources/](https://EcoChallenge.org/resources/).

## - FREQUENTLY ASKED QUESTIONS -

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**If I don't want to do the *Choices for Sustainable Living* EcoChallenge, can I still use the new book?**

You can still use the new *Choices for Sustainable Living* book, including the Reflection and Action prompts, even if you choose not to use the EcoChallenge platform. However, the best use and experience of *Choices for Sustainable Living* will be with EcoChallenge helping you to connect with others, reflect on your learning, and act toward a more sustainable world.



**If I'm using the new *Choices for Sustainable Living* book as part of a discussion course or academic course, what does this look like with the EcoChallenge option?**

The Discussion Course process is still fundamentally the same as it has been, except with some additional features added in. The process still focuses on connecting, reflecting and acting, but EcoChallenge helps to expand the possibilities by better connecting you to your group in between sessions as well as connecting you to participants around the world, enabling shared reflection, and better incentivizing sustainable actions.



**Can I use the Choices EcoChallenge even if I don't use the new book?**

Not at this time. The Choices EcoChallenge is specifically designed to work in tandem with the course book. However, we do have other EcoChallenge events throughout the year. We encourage you to explore our schedule at [EcoChallenge.org](https://www.choicesforliving.org/EcoChallenge.org).



**Is the Choices EcoChallenge offered year-round or are there start and end dates?**

Access to the Choices EcoChallenge is provided year-round. Each discussion group can select specific start and end dates that match their group's schedule when they create their EcoChallenge Team.



**Why is the new edition \$35 and more expensive than the other NWEI books?**

This new edition includes expanded content and an additional session, making it our longest course book. It also includes the ability to participate in our new online Choices EcoChallenge for the duration of your course.

### OTHER QUESTIONS?

Please don't hesitate to contact us at [contact@nwei.org](mailto:contact@nwei.org).



# POWERED BY NORTHWEST EARTH INSTITUTE

## WE BELIEVE EVERY PERSON HAS THE POWER TO CREATE POSITIVE ACTION.

There's no shortage of information about the serious challenges facing our planet – and although most people say they would like to do more, they don't know where to start.

That's where we come in.

## WE BELIEVE CHANGE SHOULD BE FUN.

For over 20 years, NWEI has helped make change more possible, more social, and yes, more fun by helping people connect with their communities and take action, together.

## WE BELIEVE THE LITTLE THINGS MAKE A BIG DIFFERENCE.

NWEI was founded in 1993 with a simple objective: to give people a framework to talk about our relationship with the planet and to share in discovering new ways to live, work, create and consume. And (as more than 175,000 NWEI participants worldwide have discovered since then) it turns out that within that simple objective is a recipe for powerful change.

When you break big issues into bite-sized pieces, and talk through them with the people who matter to you, you discover insights and inspiration. You learn, together. You build a personal network of shared stories and support that makes it easy to take action. In short, you become part of a community for change.

## WE BELIEVE IN CHANGE THAT WORKS FOR YOU.

From the beginning, we have been committed to meeting people where they are. We don't tell you what to think, or buy, or do. And we believe no change is too small — in fact, those tiny choices we make every day, by rote or by habit (paper or plastic? take or toss? borrow or buy?) are exactly where change is most possible and powerful.

Through our discussion courses and the EcoChallenge, we help people discover shared learning, shared stories and shared action.

## WE DISCOVER CHANGE, TOGETHER. SEE MORE AT [NWEI.ORG](http://NWEI.ORG).



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