



LIFESTYLE RESOURCES

Live a life a little less plastic!

1

[The Minimalists](#)

2

[Going Zero Waste: Lifestyle](#)

3

[What is the Sharing Economy?](#)

4

[Saving Sea Turtles by Saying No to Straws](#)

5

[72 Ideas to Simplify Your Life](#)



Bonus: Host a Discussion Course

[A Different Way: Living Simply in a Complex World](#)



LIFESTYLE DISCUSSION QUESTIONS

Break Big Issues into Bite-Sized Pieces

INTRODUCTION TO DISCUSSION COURSES

In addition to the EcoChallenge Platform, our suite of educational and engagement offerings includes a selection of discussion course books. Our discussion course books are used in the workplace, on college campuses, in centers of faith, and in the community. They are designed to help break big issues into bite-sized pieces. And they help create a personal network of shared stories and support that makes it easy to take action. You can find out more about our engagement model and explore our books at ecochallenge.org/discussion-course-books.

Below is a sample of discussion questions you can try with your family, friends, or coworkers, or reflect on during your EcoChallenge.

TIPS FOR FACILITATING A DISCUSSION

As facilitator, your role is to stimulate and moderate the discussion. You do not need to be an expert or the most knowledgeable person about the topic. The primary goal is for everyone to participate and to learn from themselves and each other. Draw out quiet participants by creating an opportunity for each person to contribute. Don't let one or two people dominate the discussion. Thank them for their opinions and then ask another person to share.

Be an active listener. You need to hear and understand what people say if you are to guide the discussion effectively. Model this for others.

Invite participants to focus on personal reflections — values, feelings, and experiences. The discussion is not for judging others' responses. Consensus is not a goal. Celebrate the diversity of perspectives and life experiences!

1

What do you do to remind yourself of the basics of your life, the things that are most important to you?

2

Consider how your life would be different if you lived with less. Is the idea attractive to you? Does the idea cause anxiety?

3

Time is an issue for most of us. Do you feel you have sufficient time for relationships or activities that you would like to pursue?

4

How does technology impact your relationships?



POWERED BY ECOCHALLENGE.ORG

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 25 years, we have 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.

EcoChallenge.org was founded in 1993 as Northwest Earth Institute 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 250,000 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.

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 Platform, we help people discover shared learning, shared stories and shared action.

WE DISCOVER CHANGE, TOGETHER.



ECOCHALLENGE.ORG

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