

A person with short reddish hair, wearing a green ribbed sweater, is sitting on a large, light-colored rock in the foreground. They are looking out over a vast, lush green landscape of rolling hills and dense forests. The sky is filled with soft, white clouds. The overall scene is peaceful and natural.

The Personal Sustainability Action Plan
A Workbook for people who care about the Earth

Edited by Yollana Shore

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Kitchen Table Sustainability: Practical Recipes for Community Engagement with Sustainability.

By Wendy Sarkissian
with Steph Vajda, Nancy Hofer,
Yollana Shore and Cathy Wilkinson

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INTRODUCTION

Care flowing through your system gradually reconnects you with your spirit and vitality. Care enough about yourself to go to your heart to get peace, clarity, and direction before you act. True self-care has to come first.

Sara Paddison

If you are reading this **Workbook**, it means that you are probably aware that the Earth is in crisis. Globally, our ways of living are unsustainable, we witness social injustice and, although it makes no sense at all, many countries and regions are torn by conflict. As you read this, I assume that you don't want to be a passive bystander to all this. You want to be part of creating a better world.

Creating a sustainable world will not happen in a moment, or even in your – or my – lifetime. It has taken generations to weave the complex patterns of social inequality, environmental imbalance and conflict that have seeped into every sphere of modern life. And it will take generations to unravel them completely. Yet that doesn't mean we should abandon the process. Far from it! Many milestones on the road to sustainability are well within our reach *in this lifetime...* This decade, even. Now, more than ever, we have the reasons and resources to engage with the process of creating a sustainable world.

Yet sustainability is complex. It's a challenge for everyone – whether experienced or new to the conversation – to get our heads around the issues and then engage in sustainable ways. In the face of such enormity, it's easy to feel overwhelmed, to escape into denial, to shut down emotionally or to throw ourselves in too deep and burnout. If you have experienced any of these, you are not alone. We all have – to some degree. But, whatever your experience has been, there is a key to finding a balance. That key is **nourishment**.

The Latin word for nourish is *nutrire*: to feed. To nourish means to “supply with what is necessary for life, health, and growth.” It can also mean to “cherish, foster, keep alive”, and to “strengthen, build up, promote”. If you are not nourishing **yourself** with what is needed for life, health and growth, how can you help others or cherish and keep alive the Earth?

Successful professionals and activists know that to make a difference, they need to give, to work and to take action. And they also need to pace themselves. They need to rest, reflect and receive. To contribute in a sustainable way, we must each find a balance of active engagement, research and reflection, rest and rejuvenation, time alone, time with others and time with Nature. We must cultivate nourishing habits to sustain us.

The **Personal Sustainability Action Plan** focuses on providing ways to access our own sources of peace, clarity, direction and passion that can guide sustainable actions for the long haul. When our own cup is full, we can let it overflow to our communities and the natural world.

THE PERSONAL SUSTAINABILITY ACTION PLAN

The *Personal Sustainability Action Plan* is a simple, four-step process that supports us to bring our personal passions into alignment with our plan for sustainability. Passion is the fire that fuels action. Yet it needs structure to be sustained. Thoughtful, heart-centred planning can channel passion so that it continues to inspire action over the long term.

The four steps of the *Personal Sustainability Action Plan* are:

1. Discovering your vision;
2. embracing your values;
3. engaging your passions; and
4. developing practices.

Each of these steps has an important role to play in motivating, supporting and structuring individual action toward creating a sustainable world. Here are some brief definitions to explain how they fit together:

A vision simply states what we want and where we are going. Like a beacon, it shines so we can steer toward it. A vision helps keep us moving forward.

Values provides a guide for our journey, giving it personal meaning. Like a rudder on a boat, our core values align us with our purpose and help keep us on track.

Passion refers to our unique affinities, talents and skills: what we love to do and what comes easily to us. Engaging passion is like engaging a motor that drives a boat forward. Yet without a suitable channel, passion can exhaust itself.

Practices are the daily habits that keep us nourished. Like steering, practices require constant vigilance and attention. Yet as they become habits, the attention becomes easier, and practices provide a structure that supports us as we pursue our vision, aligned with our values and passions.

Let's explore these elements in more depth.

DISCOVERING YOUR VISION

A four-minute video on YouTube called *The Jack Rabbit Factor* tells the story of a man who goes for a walk in the fields behind his house. He sees a wolf growling and darting back and forth in the field. The man thinks to himself – that wolf is crazy! That is, until he sees it stumbling back onto the path and walking away with a jackrabbit in its mouth. Then, a stranger appears and says “I want to catch a rabbit, just like the wolf did.” So the stranger goes into the field, crouches down, growls, and jumps back and forth, just like the wolf. Except... there was no rabbit. Crazy, right? This time, yes.

This story is a metaphor for life. Often we end up imitating others to achieve what they have achieved without clarifying what we really want. This can lead

to a lot of effort without achieving much. As when the wheels are spinning, but we are not getting anywhere. If we want to make sure that our actions are leading towards our vision, we need to keep our vision clearly in mind. When I thought deeply about my vision for a sustainable world, I realised that it was four-fold:

Spiritual Connectedness: A place where all people can feel at home in themselves; feel self-love, self-respect and hope for the future.

Social Justice: Where all people are empowered to overcome limiting factors in their lives and are free to pursue their dreams in wholesome and sustainable ways.

Environmental Balance: A global sense of respect for Nature, grounded in practical actions and sustainable lifestyles for all cultures.

World Peace: Ending the senseless fighting for resources by creating global communities united in peace, love, creativity and all-gain situations.

It's worth taking some time to clarify your vision and write it down. Your vision for sustainability may be different from mine. If you feel that this one resonates with yours, use it as a base. Or start afresh.

When you have a vision, it is fine to have big dreams. You may not realise them all in your lifetime, but when you know where you are headed, every step toward your vision is a step in the right direction. A vision creates a compelling context for your purpose, your passions and your practices.

DISCOVERING YOUR VISION WORKSHEET

"Visioning" is a powerful technique for uncovering your vision for the future. Top sports athletes use visioning processes to improve their performance. It allows us to bypass our everyday logical ways of thinking and come up with creative solutions and possibilities.

To discover your vision, create some time and space where you can relax and will not be interrupted, and sit down quietly with a pen and journal nearby...

Close your eyes and imagine yourself waking up one morning at a chosen time in an ideal future. It could be 20, 50 or 100 years from now. If you were living at this time, how you would go about your day? Who would you see? What would you do? Take some time to explore all the different aspects of the future world. Notice how your ecological, social and economic relationships are structured in this sustainable world.

After exploring this world for some time, open your eyes and record your vision here:

In my vision, I woke up _____ years from now.

What I saw, felt and heard was...

EMBRACING YOUR VALUES

Values stem naturally from a clear vision. As ecological economist Robert Costanza points out, we “cannot state a value without stating the goal being served”. Yet once we discover our vision, it is important that we do identify the values that are informed by, and inform it. This allows our vision to maintain the necessary flexibility without compromising our core values.

Values can provide a sense of purpose and meaning and can inform the many activities and roles that we choose to play in our engagement with sustainability. Clearly identified, our values can be deeply sustaining and become an important yardstick by which we can judge whether an action, project or task is likely to be personally sustainable.

EMBRACING YOUR VALUES WORKSHEET

Consider the vision that you have described on the previous page. What are the elements of that vision that particularly excite or inspire you? What are the values that are embodied in your vision?

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The values embodied in my vision are...

ENGAGING YOUR PASSIONS

If we are to achieve a richer culture, rich in contrasting values, we must recognize the whole gamut of human potentialities, and so weave a less arbitrary social fabric, one in which each diverse human gift will find a fitting place.

Margaret Mead

When we ask ourselves what we can do to support sustainability, an infinite number of “jobs” (both paid and volunteer) cry out for someone to fill them. Even if we had the skills, we couldn’t do all of them. And if we try to do everything, we will probably end up experiencing overwhelm and paralysis. But each of us *can* do something. And, as Margaret Mead implies, the sum of our “somethings” can make a big difference.

Imagine a dinner for one hundred people. Just feeding everybody could become overwhelming. It might involve spending all day preparing and would drain the host both energetically and financially. But what if it were a potluck dinner? If everyone brought their favourite dish, how much easier would the

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catering be? How much more care could go into each dish? In this scenario, no single person is drained and everyone would have a chance to enjoy everyone else's cooking as well!

The sustainability movement is like a potluck dinner. It will work well when everyone brings their own plate to the kitchen table. And if we can bring only one, we might as well make it good, right? That's why we say, "If you want to do something that's sustainable, find ways to do what you love."

Many, many tasks must be done to make our world a better, more sustainable place. If we can use our energy where it is naturally inclined to go, where we already have talent or passion, then our engagement is likely to be more effective, and sustained longer. People are more productive when they are having fun.

If you want your contribution to be effortless, think about how you do the things that you already love to do or the things that you are passionate about, and engage *those* skills in creating a more sustainable world.

ENGAGING YOUR PASSIONS WORKSHEET

Passion is an embodied experience. It's thrilling, engaging, energising. When have you felt this way? Make a list of the things you LOVE to do... Make this list as wide-ranging as possible, incorporating anything that gives you joy.

Do you like talking to people, networking, organising parties, art and design, solving mathematical problems, presenting talks, making videos, listening to issues, working with animals, planting trees, gardening, surfing the Internet, designing web pages... ?

To help build your list, you may also like to think about what enjoyed doing as a child.

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Things I love to do...

You are going to compare the list above with a list of things that you currently do...

List the main tasks involved in your work / actions towards sustainability below.

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Things I currently do...

Now compare your two lists. Notice where they are the same and give those activities a big tick.



That is where you have successfully engaged your passions in your work for a sustainable world.

Then take a look at the items that are left... Are there any activities that you currently do, that you could draw back on, get help with, or outsource to others? Are there any activities that you are not currently doing that you would love to integrate into your life now? How could that happen? Take your time to reflect on this... You may even like to re-visit this page over time.

DEVELOPING PRACTICES

Ultimately, sustainability on a personal level is about cultivating sustainable habits. Just like the habit of turning off lights when leaving a room can contribute to millions of kWh worth of energy savings, nourishing habits generate personal energy and improve our effectiveness.

We can use the practices below to help us remain nourished.

Practice 1: Attuning with your source of energy

In his illuminating book, *Blessed Unrest*, Paul Hawken describes how the entire sustainability movement is driven by an internal source of energy:

The movement ... is the most complex coalition of human organizations the world has ever seen. The incongruity of anarchists, billionaire funders, street clowns, scientists, youthful activists, indigenous and native people, diplomats, computer geeks, writers, strategists, peasants, and students all working together toward common goals is a testament to human impulses that are unstoppable and eternal.

Paul Hawken

Although poets and mystics have described this energy at the essence of humanity for centuries, it is difficult for scientists to quantify. Whether you call it energy, life force, *prana*, *qi*, the quantum field, inspiration, creation, the Universe, God or Goddess... there is a source of personal inspiration and energy that is unexplainable, beyond the reaches of science or our rational minds. It influences every aspect of life. It must be respected because of the large numbers of people who believe in and value this ineffable quality.

In the wise words of the beloved 13th century Persian poet, Rumi, "There are hundreds of ways to kneel and kiss the ground." There are many ways to attune with this energy.

How to attune with your source energy...

At different times in my life, I have used yoga, meditation, reflection, music, dance and time in Nature as a 'way in' and have discovered that it is not so important *what* I do, as that I make a conscious effort to do something that allows me to relax my 'thinking' mind and experience the simplicity of my essence or being.

One of the best ways to attune with your own source of energy is to ask yourself: *What helps me relax?*

And then, if you are willing, consider incorporating these activities into your life in a regular way. Ask yourself: *How often do I want or need to engage with this activity to truly sustain myself and my work in the world?*

Practice 2: Learning to work "with the flow"

Have you noticed how sometimes even a challenge can seem like a piece of cake when everything is flowing? Athletes call it being *in the Zone*. When I am in this space, I am naturally effective, efficient and productive, and everything feels effortless. This quality can make a huge difference to our effectiveness in working for sustainability.

On the other hand, when things aren't going right, it's exactly the opposite. I am about as effective as someone banging their head against a brick wall. And knowing what it feels like when everything *is* flowing, just makes being "out of the flow" so much more uncomfortable.

I have experienced this often ... here's a recent example:

I'd been working on this Workbook for a couple of hours one evening. I wanted to convey the subtle ways that nourishing ourselves can influence how we feel and act. The words had been flowing easily.... Then I started to feel myself tightening up. I knew that the more I relax and allow the words and insights to flow through me, the better my writing will be. I looked across the desk at my candle. I had used it before I began work that evening to help me reconnect with a natural source of inspiration embodied in the flame. My candle had gone out.

Aha! That makes sense, *I thought*.

I picked up the candle and carried it out of my office to our meditation room. I lit it and remembered my greater purpose for writing. Sitting quietly, just thinking about that, I felt different somehow. More fresh, more free. I carried the glowing candle back into my office and placed it on my desk.

Now we are flowing again... I thought to myself.

How to work with the flow...

The little ritual that I created for myself in this example illustrates three keys to getting back into the flow when things aren't going smoothly:

First, it's important to pause, just for a moment. Too often we push on with a task, thinking 'I don't have time to take a break', when a moment away to re-energise or get a fresh perspective will save time in the end.

A second key is to move. Physically moving our bodies around will inevitably help move our attitude and our energy.

Finally, a simple ritual like lighting a candle or touching the Earth can help us reconnect with a greater source of energy that energises and inspires.

How long will these three steps take you... A minute? Three minutes? Ten minutes...? The truth is, it's different every time. And for each person. But it will probably take you less time to stop, move and reconnect... *then* come back to what you were doing, than to keep banging your head against a brick wall!

Practice 3: Working with the Shadow

The shadow is that side of our personalities that we do not wish to look at. We may deny these aspects of ourselves out of fear, or shame. Researchers have found that when we deny our shadow side, individually or as a culture, we give it more power, and this affects our ability to respond to sustainability issues. Until we allow ourselves to delve deeper, beyond the initial "feel-good" reaction, only surface level responses to sustainability problems will be possible.

A great example of "delving deeper" occurred in the Great Bear Rainforests in Canada, when forestry people finally agreed to join environmentalists, first nations groups, government and scientists to discuss previously intractable issues around logging in the region. For the environmentalists organizing the discussions, "facing the shadow" was a powerful tool that transformed negotiations.

Frances Westley explains:

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They said everybody hated them.... Forest workers thought they were "cappuccino sucking urban enviros". The First Nations called them eco-colonialists. The forest companies said "they are trying to destroy us and the province we care about". There were duelling scientists who didn't want to work with anybody. There was the Government saying they were irresponsible and the "enemies of British Columbia". Other environmentalists thought they were corporate sell-outs. It's pretty easy to get your "back up" in this kind of environment.

But a number of these environmentalists were Buddhists. So they decided to bring their personal faith into this practice.... They had to own their shadows. They had to agree that some of this was true.... They did suck cappuccinos down and they did have eco-colonial tendencies, etc. They were passing notes to each other saying: "Breathe". "Stay centred". And they would literally sometimes run out of the room when they thought they were going to explode, and meditate, so they could come back in. By the testimonials of other people in the group, this fractal sense of them being prepared to transform themselves in an effort to transform these relationships... actually had a transformative effect. It made people stay at the table. And gradually they began to shift their positions.

Source: "Getting to Maybe: Social innovation an agency based approach to transformation", Keynote address by Frances Westley, Resilience Conference, Stockholm University, April 14-17, 2008.

How to work with the Shadow...

The environmentalists in the Great Bear Rainforest story drew on this practice with powerful effect by being prepared to own their shadows while suspending judgement of others. This willingness and ability had a dramatic impact on transforming the experience of relating.

To work with your shadow, ask yourself questions like: *What is really going on in this situation? What might I be denying or avoiding in terms of my insights or feelings? What would they demand of me if I didn't deny them, and how could I respond constructively to this demand?*

Brought out into the open, in the light of awareness, these 'shadow' aspects can become helpful, rather than a destructive force.

Practice 4: Attracting and receiving support

In his insightful book *Psychology for Peace Activists*, David Adams says that activists are drawn into community because “quite simply they find that the power of their action is greater when they work in a group rather than alone.” He emphasises how important support is to sustaining social action: it provides inspiration, psychological transformation, shared purpose, more effective action, division of labour and support to initiate and sustain difficult actions.

Martin Prechtel is a leading writer, thinker and teacher who lived for many years within a community of Tzutujil Mayans. In the Epilogue to his eloquent memoir, *Long Life Honey in the Heart*. Prechtel tells how, after serving as a village chief for a year, the responsibilities of keeping the village alive had left him financially destitute. Shortly after he finished as chief, he sold a number of paintings to outsiders who turned up “miraculously and unsolicited” to buy his work.

He decided to use the money to pay back the ex-chiefs, their wives and chieftesses who had helped him financially in the past year. He was met with great hostility: bitter scolding, hateful insults and missiles of pebbles and wood. Taking refuge in the house of his friend and mentor, he struggled to understand their reactions. In a persuasive and impassioned speech about the mutual indebtedness and interdependence that sustain the village, his friend explains how the whole point is to “get so entangled in debt that no normal human can possibly remember who owes whom what, and how much.”

He reveals:

Everything comes into this Earth hungry and interdependent on all other things, animals, and people, so they can eat, be warmed, and not be lonely. I know you know this, but why do you push it all away now? We don't have a word for that kind of death, that isolation of not belonging to all life....

Martin Prechtel, 1999, p338

Receiving support means accepting our dependence on others as a blessing, rather than a curse, and embracing the opportunity that it gives us to participate in life.

How to attract and receive support...

To attract and receive support, we must be clear in our vision and values, and seek others who are aligned with that. We must also be willing to support others in their visions and to work across differences. And it is vital that we practice receiving support: learning how to ask for an accept help, to listen and to communicate our needs.

In addition to our human community, we can also draw support from Nature, poetry, inspirational writing, music, and other resources. Contributing to and receiving from support networks is an essential practice in sustaining personal engagement with global issues.

Practices 5 and 6: Allowing grief and humour

“After the AI Gore training, I didn’t sleep for a month,” said Mary Maher, our Australian colleague. Learning the science behind climate change and its predicted consequences had affected her personally. “When you finally know all the facts like that, you can’t help but be changed by them,” she said. “You stop taking things for granted. After that, I would just kiss the Earth every day with gratitude at the opportunity for being here.”

As she spoke these words, tears welled up in her eyes. Engaging with sustainability is deeply challenging. We must face all that has already been destroyed, desecrated and lost. We know Mary to be an enlightened professional, one who can allow a few tears in public without shame. Unfortunately, in the quest for objectivity and “reason”, many people have lost the common sense and repressed the common humanity that would allow them to shed tears, which in itself is healthy.

Avoiding feelings of loss can suppress our sensitivity. While this may appear to be a strategy for avoiding pain in the short term, it may also disconnect us from compassion. Disconnected from our feelings and our own compassionate response, we cannot help the Earth, or ourselves. Ample research indicates that an important factor in relieving stress and avoiding burnout is to allow grief to be felt, and to cry.

Equally, humour is a powerful ally in engaging with sustainability. Research reveals that a good sense of humour is related to muscle relaxation, control of pain and discomfort, positive mood states, and overall psychological health including a healthy self-concept. It allows a degree of emotional “distancing”, which enables us to get perspective on, and perhaps think more clearly about, a stressful situation. While some types of humour present a danger of trivialising serious events, thus discouraging action.

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Humour “can increase the likelihood of conscious efforts at seeking alternative perspectives to problems”.

How to allow grief and humour....

Admitting that we are human and that we feel emotions is an important part of experiencing the healing powers of grief and humour.

In any given moment, it can be helpful to take a moment to stop and ask ourselves: *How am I feeling right now?*

While some feelings are a call for some action or change in circumstance, many feelings simply arise as a natural part of living, a kind of feedback mechanism, as we process the information and events that occur. These feelings simply need to be felt.

If we refrain from suppressing, ignoring, or analysing a feeling and simply feel it in that moment, it generally passes of its own accord, or changes to another feeling, that can also be felt so it can move on and change.

In my private practice, I find that this process of simply being with feelings as they arise eventually leads to stillness and peace.

Practice 7: Joyful service

The emotional responses in practising an ethic of caring may be compared to an embodied state of grace.

Wendy Sarkissian

The act of giving can, in itself, be a source of Nourishment. Sian Prior, a journalist with a background in the environment movement, explains:

A few years ago I attended a news conference for the Dalai Lama, an activist who has inspired many people over the years with his work on behalf of his fellow Tibetans and their natural environment. He was in Melbourne speaking to tens of thousands of people on the subject of happiness, and one thoughtful journalist put up his hand to ask a question. "Your Holiness," he said, "how is it possible to be happy when one knows that so many people around the world are suffering so terribly? How is it possible to have compassion and happiness at the same time?"

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The Dalai Lama's reply demonstrated that when it comes to finding the recipe for sustainable activism, wise old Tibetan Buddhists have a lot more in common with Western behavioural psychologists than we might have imagined. "If you focus only on your own suffering," he said, "you cannot be happy, because this leads to paralysis. But if you are focusing on the suffering of others, and if you are doing something about it, you will be energised, and you will be able to find happiness.

Source: Prior, Sian (2007) "From anger to inspiration" *The Age*, Opinion, 9th March, 2007. Published online www.theage.com.au.

The Dalai Lama's comment reiterates a law of reciprocity that many activists and social change workers understand. Put simply, it is that when you give to a good cause, you receive much in the process.

How to practice joyful service...

An important key to giving wholeheartedly, and feeling the rewards of that, is to practice gratitude. According to the United Nations, over 80% of people in the world cannot read or write... Just being able to communicate this way is something that you and I can be grateful for.

Ask yourself: *What am I grateful for?*

Practice 8: Finding cause for celebration

When we do the best that we can, we never know what miracle is wrought in our life, or in the life of another.

Helen Keller

In 1978, my colleague Wendy Sarkissian had the privilege of spending time with Margaret Mead, shortly before her death, discussing what she saw as the futility of some of her activist work. Mead shared with her that, "Every good deed has a value in its own right. You may never be able to see the consequences, but there *is* a value in it." As a mentor and feminist, she encouraged Wendy to practice celebrating her achievements, however small.

Wendy began a daily ritual: at the end of each day writing down what she had achieved – no matter how small. Similarly, sustainable agriculture practitioner Michael Ableman argues that keeping hope alive requires "focusing on the small successes: on local and incremental change; one handful of seeds, one child, one garden at a time."

How to find cause for celebration...

What Mead and Ableman have identified is that many actions are worthwhile, though we may never be able to personally see the consequences. In a world where we are bombarded with messages of doom and gloom, the simple act of acknowledging achievements can make a big difference.

Celebrate simple activities like: *I had a patient conversation with my neighbour, I wrote one letter to a politician, I spent an extra hour in the garden weeding, I chose to eat free range eggs, or even I took time out to rest and rejuvenate.*

Write them down in a notebook or journal or share them with a friend.

As you hone your awareness to celebrate the small differences you make, you will also notice the small things that others are doing. Celebrate for and with them too! When we affirm the good in ourselves and others, we invite and encourage more of it.

A FINAL NOTE...

In this **Workbook**, I hope to have conveyed the importance of self-nourishment, in supporting those who work for the earth and sustainability. Nourishment must be physical, emotional and interpersonal. Ultimately, it is about caring.

In the end, personal sustainability is a decision we must make, a value we must prioritise. Our vision, values and passions create the context of that decision and practices will naturally flow from it.

We must each find our own way of taking care of ourselves, as we engage with the important work of taking care of others and the Earth. Yet I remember a monk-in-training once explaining to me that the best way to make a space or object feel loved, is to give it time. I think this is true for people, too, including ourselves.

So, please, take time for yourself. Take time for the practices presented here, or for those nourishing practices that emerge in your own quest for personal sustainability. Schedule it into each day, week, month and year in ways that feel appropriate to you.

Thank you for making the time to explore the **Personal Sustainability Action Plan**. I look forward to hearing how it has helped you to nourish yourself and engage wholeheartedly with making the world a better place.

With Love,

A handwritten signature in black ink that reads "Yollana" with a small heart symbol to the left of the first letter.

Yollana Shore,

Editor of **The Personal Sustainability Action Plan** and
co-author of **Kitchen Table Sustainability: Practical Recipes for
Community Engagement with Sustainability**.

PS: If you would like to stay in touch, to hear more about how to make a difference to your community and The Earth, please visit www.sarkissian.com.au and sign up to receive our newsletters.

PPS: If you have any comments, questions or realisations that emerge from your interactions with this book, I would be delighted to hear about them.

Please send me an email at mail@yollana.com.

Note: The material in this **Workbook** is adapted from Chapter 9 of: **Kitchen Table Sustainability: Practical Recipes for Community Engagement with Sustainability** by Wendy Sarkissian with Steph Vajda, Nancy Hofer, Yollana Shore and Cathy Wilkinson. Published by Earthscan, London, 2008.

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ABOUT THE *PERSONAL SUSTAINABILITY ACTION PLAN*

This **Workbook** is designed to support those who wish to create a more sustainable world, to do so... sustainably.

With instruction, anecdotes and activities, the **Personal Sustainability Action Plan** offers an opportunity to get clear on the vision, values and passions that frame your personal approach to sustainability, and explores practices that are nourishing to the self, while encouraging action.

Activities in this book are designed to help you uncover and access your inner resources to sustain outer action for sustainability.

ABOUT *KITCHEN TABLE SUSTAINABILITY*

Drawing on stories and case studies from around the world, **Kitchen Table Sustainability** is designed to help guide and support you through the challenges of engaging with sustainability so that you can make a difference for your community, your organisation and the Earth.

The material in this **Workbook** is adapted from Chapter 9 of: **Kitchen Table Sustainability: Practical Recipes for Community Engagement with Sustainability**

by Wendy Sarkissian with Steph Vajda, Nancy Hofer, Yollana Shore and Cathy Wilkinson, published in 2008 by Earthscan, London.

To order the book from amazon.com, go to:

<http://www.amazon.com/Kitchen-Table-Sustainability-Practical-Engagement/dp/1844076148>

ABOUT YOLLANA...

Yollana Shore holds a degree in Environmental Science with a major in social policy and development. With a background in environmental activism, planning and community engagement practitioner, she also has over seven years experience in private practice as a personal growth practitioner.

Her consulting firm, **Soul Business**, helps people who want to make a difference in the world to sustain their inner self while building a business that makes the world a better place. See www.soulbusiness.com.au.

Through projects like **Kitchen Table Sustainability**, **The Personal Sustainability Action Plan**, and **Soul Business**, Yollana combines her unique skills and as a therapist with practical experience as an entrepreneur to help those wishing to engage more deeply with sustainability, and making the world a better place