

Earth Peace Treaty Commitment Sheet

This sheet offers a number of steps we can take to reduce the impact of our ecological footprint on the Earth. Please look over this and, if you feel inspired, commit to a few or more of them by marking the blank with a “√” check. If you already are currently practicing the step, mark an “X” on the blank. When you are done please copy your commitments onto a piece of paper that you can carry with you as a reminder. We will collect this sheet so that we may post your commitments on a website, allowing other practitioners and friends to see and to be inspired by your actions.

I, _____, commit to:

- | | |
|---|---|
| <input type="checkbox"/> Walk or bike to work ___ days per week. | <input type="checkbox"/> Reduce air-conditioning at home by ___ degrees. |
| <input type="checkbox"/> Walk or bike to places within five miles. | <input type="checkbox"/> Reduce heating at home by ___ degrees. |
| <input type="checkbox"/> Carpool to work or use mass transit. | <input type="checkbox"/> Install a programmable thermostat at home. |
| <input type="checkbox"/> Reduce flight-travel to less than ___ flight-hours per year. | <input type="checkbox"/> Install energy-efficient insulation and windows at home. |
| <input type="checkbox"/> Purchase energy credits to compensate for travel. | <input type="checkbox"/> Eat only vegetarian food. |
| <input type="checkbox"/> Have a car-free day once a week. | <input type="checkbox"/> Drive a fuel-efficient vehicle. |
| <input type="checkbox"/> Have a car-free day once a month. | <input type="checkbox"/> Avoid purchasing disposable items with lots of packaging. |
| <input type="checkbox"/> Work at home one day a week. | <input type="checkbox"/> Replace paper napkins, towels, plates with reusable equivalents. |
| <input type="checkbox"/> Reduce car trips by ___%. | <input type="checkbox"/> Use library instead of buying books, as much as possible. |
| <input type="checkbox"/> Use stairs, not elevators and escalators. | <input type="checkbox"/> Use cloth or other reusable bags for shopping, etc. |
| <input type="checkbox"/> Have an electricity-free day once a week. | <input type="checkbox"/> Use biodegradable cleaning products. |
| <input type="checkbox"/> Get an energy audit of my home and improve its efficiency. | <input type="checkbox"/> Compost kitchen waste. |
| <input type="checkbox"/> Purchase and install solar panels at home. | <input type="checkbox"/> Encourage office/school to recycle. |
| <input type="checkbox"/> Purchase renewable-source electricity (wind, geothermal.) | <input type="checkbox"/> Share magazines and catalogs by donating them to clinics, etc. |
| <input type="checkbox"/> Air-dry clothes (without a dryer.) | <input type="checkbox"/> Reuse and recycle all items possible. |
| <input type="checkbox"/> Reduce the use of hairdryers and appliances. | <input type="checkbox"/> Buy clothing in used clothing/thrift shops. |
| <input type="checkbox"/> Support farmers and reduce food-miles by buying local produce. | <input type="checkbox"/> Plant native and drought-tolerant plants where applicable. |
| <input type="checkbox"/> Grow produce at home. | <input type="checkbox"/> Plant ___ trees in my neighborhood. |
| <input type="checkbox"/> Do not use pesticides or herbicides. | <input type="checkbox"/> Turn off computers while not in use. |
| <input type="checkbox"/> Purchase ___% organic food. | <input type="checkbox"/> Install a power strip for appliances to avoid drawing ghost electricity. |
| <input type="checkbox"/> Join a Community-Supported Agriculture group near my home. | <input type="checkbox"/> Set computer and display to turn off after 10 minutes of inactivity. |
| <input type="checkbox"/> Replace light bulbs at home with compact fluorescents. | |
| <input type="checkbox"/> Eliminate the use of air-conditioning at home. | |

- Reduce use of hot water by ___%.
- Take only short, warm showers.
- Install a solar water heating unit.
- Re-use greywater.
- When urinating only, do not flush the toilet.
- Turn off faucet while brushing teeth or shaving.
- Reduce overall water use by ___%
- Install a system to capture and store rainwater.
- Pick up trash along walking/jogging route.
- Encourage a friend to commit to items on this list.

- Educate myself on ecological issues.
- Write articles, stories to help others get in touch with their ecosystem.
- Meditate once/week on my relationship to the ecosystem in which I live.
- Meditate once a week on how I can reduce my consumption, and act on this.
- Write to local and national politicians calling for more effective environmental legislation.
- Support local environmental organizations.

Add my own commitment proposals here:

Please send me an e-mail to remind me of the commitments I have made and to receive further information about ecology projects at Deer Park Monastery.

Email: _____

I make the commitment to practice the items that I have checked above so that I may reduce the ecological impact of my way of living.

Signed: _____ Date: _____