

# Earth Peace Treaty Commitment Sheet



This sheet offers a number of steps we can take to reduce the impact of our ecological footprint. Please look over this and, if you feel inspired, commit to a few or more of them by marking the blank with a “V” check. If you already are currently practicing the step, mark an “X” on the blank. When you are done please copy your commitments on to a piece of paper so that you can carry them with you as a reminder.

I, \_\_\_\_\_ commit to:

## Nutrition.

- Purchase \_\_\_ percent organic food.
- Eat only a Compassionate, Plant-Powered diet.  
<https://earthholder.org/compassionate-eating>
- Support farmers and reduce food-miles by buying local produce.
- Join a Community-Supported Agriculture (CSA) group near my home.
- Plant \_\_\_ trees in my neighborhood.
- Plant native and drought-tolerant plants where applicable.
- Grow produce at home.
- Not use pesticides or herbicides.

## Mindful Consumption.

- Reuse and recycle all items possible.
- Encourage office/school to recycle.
- Avoid purchasing disposable items with lots of packaging.
- Replace paper napkins, towels, and plates with reusable equivalents.
- Use cloth or other reusable bags for shopping, etc.
- Buy clothing in used clothing/thrift shops.
- Use the library, instead of buying books, as much as possible.
- Share magazines and catalogs by donating them to clinics, etc.

- Use biodegradable cleaning products.
- Compost kitchen waste.
- Pick up trash along walking-jogging route.

## Electricity.

- Turn off computers while not in use.
- Set computer and display to turn off after ten minutes of inactivity.
- Install a power strip for appliances to avoid drawing ghost electricity.
- Replace light bulbs at home with compact fluorescents.
- Use stairs, not elevators.
- Reduce the use of hair dryers and appliances.
- Air-dry clothes (without a dryer).
- Eliminate the use of air-conditioning at home.
- Reduce air-conditioning at home by \_\_\_ degrees.
- Reduce heating at home by \_\_\_ degrees.
- Install a programmable thermostat at home.
- Install energy-efficient insulation and windows at home.
- Get an energy audit of my home and improve its efficiency.
- Purchase and install solar panels at home.
- Purchase renewable-source electricity (wind, geothermal).
- Have an electricity-free day once a week.



**Water.**

- Turn off-faucet while brushing teeth or shaving.
- Reduce use of hot water by \_\_\_ percent.
- Take only short, warm showers.
- Install a solar water heating unit.
- Re-use gray water.
- Flush only when necessary.
- Reduce overall water use by \_\_\_ percent.
- Install a system to capture and store rainwater.

**Transportation.**

- Walk or bike to work \_\_\_ days per week.
- Walk or bike to places within five miles.
- Carpool to work or use mass transit.
- Half a car-free day once a week.
- Half a car-free day once a month.
- Work at home one day a week.
- Reduce car trips by \_\_\_percent.
- Drive a fuel-efficient vehicle.
- Reduce flight-travel to less than \_\_\_ flight hours per year.

**Spread the Vibe.**

- Meditate once a 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.
- Encourage a friend to commit to items on this list.
- Educate myself on ecological issues.
- Support local environmental organizations.
- Write articles/stories to help others get in touch with their ecosystem.
- Write to local and national politicians calling for more effective environmental legislation.

**I add my own commitment proposals here:**

Please share a copy of your completed sheet with a friend and ask them to remind you of the commitments you have made. We support each other in this ever deepening and radical way-of-being. As our teacher, Thich Nhat Hanh, has said: "Our whole life must be our message."

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: \_\_\_\_\_

**Please consider also sharing your commitments on our Facebook Page at:**  
<https://www.facebook.com/earthholdercommunity/> and help inspire others to action!

**Remember to visit the Earth Holder website and also subscribe to the *Touching the Earth* Newsletter:** <https://earthholder.org>.