



# How Earth-friendly are you?

**Here's a questionnaire that will set you thinking about new ways to change your life. Check the boxes to the right of a many of the answers that apply to you, then [check your score](#) and see how you tally on this voluntary audit of sustainability**

## Energy and transport

### 1 Travelling to work I:

- Work flexitime to avoid commuter traffic
- Telecommute (i.e. work at home)
- Take the bus or subway
- Walk or bike
- Drive my car, always



### 2 I would use my car less if:

- Gas/petrol were twice as expensive
- I didn't need a car for my job
- Public transport were half the price and twice as frequent
- I own a car but rarely use it
- I don't own a car
- Hell freezes over. I'll drive my car as much as I please

### 3 At home I:

- Keep my thermostat at 20 degrees Celsius or lower in winter

- Heat only the room I'm in
- Turn off lights when I'm not using them
- Limit or avoid use of air conditioning
- Choose personal comfort at all costs and damn the consequences

## Consumption

### 1 Before buying something I consider:

- The environmental and human-rights record of the company
- Is it made of recycled materials and is it recyclable?
- Do I need it?
- How will I dispose of it when I'm done with it?
- Do I like it and does it make me feel good?



### 2 With regard to price, my policy is:

- Buy from local merchants no matter what the cost
- You get what you pay for, sometimes it's worth spending more
- Buy name brand, you can trust it
- I Buy the lowest cost item no matter what the environmental cost
- Buy what I want and don't consider price

### 3 I believe:

- I only buy what I really need
- Over-consumption driven by corporate advertising is a major threat to the planet
- I'd rather buy used to save money and resources
- If I recycle, it's okay to consume as much as I want
- It doesn't matter if I go into debt to get what I want
- Whoever dies with the most toys wins

## Money and work

**1 What changes are you willing to make in earning a living to protect the environment?**

- Job share, work part-time or take a pay cut
- Lobby for change in my company
- Quit if my company's products, policies or practices are bad for the environment
- Change professions
- None, my main concern is looking after number one

**2 What is the purpose of your paid job?**

- Saving for the future
- Advancing in my profession and doing what I was trained to do
- Making a contribution to others and to society
- Getting out of the house
- Paying the bills and buying as much stuff as possible

**3 I choose the kind of work I do because:**

- It's all I could get with the education I have
- It's interesting, challenging and useful
- I wanted to make a contribution
- I fell into it
- My family expects it of me
- It's secure and I don't know what else to do



## Food

**1 I choose my food on the basis of:**

- How I will dispose of the packaging
- Eating as low as possible on the food chain
- Nutritional value
- Whether it is genetically modified or whether chemicals were used in growing it
- What's grown locally and is in season
- What's quickest and easiest to prepare

**2 I get most of my food from:**

- A community-supported garden



- Local grocer
- I grow or raise it myself
- The supermarket
- Fast food restaurants

### **3 I eat because:**

- I'm hungry
- I'm taking a break
- It's mealtime
- It rewards me
- Others around me are eating
- I'm bored

### **4 I stop eating because:**

- I'm full
- My plate is empty
- I've had my fair share
- I'm stuffed
- Someone is watching

## **Fun**

### **1 I select my recreational activities based on these criteria:**

- Not having to travel far
- What my family or social circle enjoys
- Being out in nature
- Keeping my body fit and stimulating my mind
- Environmental impact, use of resources
- The least exertion possible
- Booze, sun and sex



### **2 The relationship between money and my recreational activities:**

- I spend very little; the best things in life are free
- I spend more than I'd like because of family demands
- Price is no object
- I take expensive vacations as a reward for hard work

**3 For me recreation is:**

- An escape
- Relaxing
- Deeply nourishing
- A luxury afforded by my affluence
- A waste of good time

**Family****1 How do I evaluate what I buy for my children?**

- I give them an allowance and leave them to decide
- They have to earn money for what they want
- I believe if you give kids love you don't need to buy them so many things
- I let them buy what they want
- I buy only brand names; they're better quality

**2 Before buying an item for my children I consider:**

- Do they want it? Do they need it?
- How long will it last?
- How will I dispose of it when they're done using it?
- Is it made of recycled materials and is it recyclable?
- Will it give them status with their peers?
- Will they love me more?

**3 My decision to have or not to have children is/was:**

- Made as my contribution to humanity
- Limited to having only one child
- Based on my sense of the needs of the planet
- Because I love children and enjoy parenting
- My own business
- Based on others' expectations
- Made to rekindle the love in my marriage

**Community**

**1 Whom do I recognize as my community?**

- Family and friends
- People who share my values or religion
- People in my neighborhood or my city
- People in my country
- All humankind and all creation
- Me, myself and I

**2 I participate economically in my community by:**

- Paying taxes
- Buying local
- Giving to my church or to a charity
- Volunteering my skills
- Borrowing from the bank because I'm always in debt

**3 My motivations for community participation are:**

- Enjoyment
- Caring and compassion
- Part of my responsibility as a citizen
- To make sure my interests are protected
- I like to be in control and my neighbours are too stupid to run things

**4 I don't participate or support my community as much as I would like because:**

- I consider my job socially useful and it takes all my energy
- My cup is full; I already volunteer as much as I can
- I'm afraid of being a fool
- It's inconvenient
- I don't think I have anything to offer
- It doesn't make any difference

## Sustainability Score Card

Check out your score below to gauge your  
personal

progress on the road to sustainability.

<input type="checkbox"/> = Your score x 1	<input type="checkbox"/> = Your score x -1
<input type="radio"/> = Your score x 2	<input type="radio"/> = Your score x -2
<input type="triangle-up"/> = Your score x 3	<input type="triangle-up"/> = Your score x -3
<b>Total A</b> = <input type="text"/>	<b>Total B</b> = <input type="text"/>

**FINAL SCORE** (A-B) =

## Ratings

**75+** Planet pleaser

**60-74** Earth activist

**50-59** Green novice

**40-49** Eco-loser

**under 40** Get a life

Magazine version adapted from How Earth-Friendly Are You? A Lifestyle Self Assessment Questionnaire developed by The New Road Map Foundation ([www.newroadmap.org](http://www.newroadmap.org)), Seattle, WA, USA. On-line version developed by [Simon Loffler](#)

The complete version of this survey is available from The Simple Living Network ([www.simpleliving.net](http://www.simpleliving.net)), PO Box 233, Trout Lake, WA 98650. Tel 509 395 2323 or e-mail [service@simpleliving.net](mailto:service@simpleliving.net).

\*You Must have internet explorer v4.0 or higher or netscape v4.0 or higher for the auto tally to function.

**Illustrations by Scot Ritchie : Three in a box**

