

## SESSION 1 ACTION PLAN: INTENTIONAL LIVING

The readings in this session reflect a desire to live more deliberately, intentionally, and purposefully. Using the chart provided below, brainstorm actions you can take to quiet your mind, be more observant of your surroundings, or be aware of your priorities. Consider the obstacles you'll face in implementing these actions, the rewards you'll get by incorporating them into your life, and the resources and support you'll need. For suggestions or clarification, see "Putting It Into Practice" on the previous page or the example of a Simple Living Action Plan on page 88.

After completing the five sessions, you will incorporate your notes from this chart into the final Simple Living Action Plan on page 89.

Category	Actions	Obstacles/ Competing Values	Rewards/ Advantages	Resources/ Support Needed	Timeline	Done?
Eliminating "background noise" and distractions						
Cultivating a daily practice						
Self care						

I N T E N T I O N A L L I V I N G

**SESSION 1 ACTION PLAN: INTENTIONAL LIVING** *(continued from previous page)*

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After brainstorming, choose actions you feel confident that you can begin to make, and write your goals in the space provided below. If you have any observations or reflections as you implement these actions, we encourage you to note them as well.

**GOALS/INTENTIONS:****STEPS TO ACHIEVE:****OBSERVATIONS & REFLECTIONS:**

## SESSION 2 ACTION PLAN: CONSUMERISM

In the spirit of simplicity, what steps might you take to lessen your attachment to possessions, status, or financial success? Note them in this chart, as well as the obstacles you'll face in implementing these actions, the rewards you'll get by incorporating them into your life, and the resources and support you'll need. For suggestions or clarification, see "Putting It Into Practice" on the previous page, or the example of a Simple Living Action Plan on page 88. After completing the five sessions, you will incorporate your notes from this chart into a final Simple Living Action Plan on page 89.

Category	Actions	Obstacles/ Competing Values	Rewards/Advantages	Resources/ Support Needed	Timeline	Done?
Physical clutter						
Disconnecting from consumer culture						
Buying habits						

C O N S U M E R I S M

**SESSION 2 ACTION PLAN: CONSUMERISM** *(continued from previous page)*

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After brainstorming, choose actions you feel confident you can begin to make and write your goals in the space provided below. If you have any observations or reflections as you consider or implement these actions, we encourage you to note them as well.

**GOALS/INTENTIONS:****STEPS TO ACHIEVE:****OBSERVATIONS & REFLECTIONS:****INSIGHTS FROM PREVIOUS WEEK:**

### SESSION 3 ACTION PLAN: WORK

What ideas came out of the readings about work, leisure and money? Note them in this chart, as well as the obstacles you'll face in implementing them, the rewards you'll get by incorporating them into your life, and the resources and support you'll need.. For suggestions or clarification, see "Putting It Into Practice" on the previous page or the example of a Simple Living Action Plan on page 88.

After completing the five sessions, you will incorporate your notes from this chart into the final Simple Living Action Plan on page 89.

Category	Actions	Obstacles/ Competing Values	Rewards/Advantages	Resources/ Support Needed	Timeline	Done?
Satisfying work (paid or unpaid)						
Time/ Schedule						
Money/ Budget						

W O R K

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**SESSION 3 ACTION PLAN: WORK** *(continued from previous page)*

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After brainstorming ideas, select actions you are confident you can begin. Being as specific as you can, write them in the space below. If you have any observations or reflections as you begin to implement changes, we encourage you to note them below.

**GOALS/INTENTIONS:****STEPS TO ACHIEVE:****OBSERVATIONS & REFLECTIONS:****INSIGHTS FROM PREVIOUS WEEK:**

## SESSION 4 ACTION PLAN: TIME

Is lack of time an issue in your life? If so, what steps might you take toward simplicity? Note them in this chart, as well as the obstacles you will face in implementing these actions, the rewards you'll get by incorporating them into your life, and the resources and support you will need. For suggestions or clarification, see "Putting It Into Practice" on the previous page or the example of a Simple Living Action Plan on page 88.

After completing the five sessions, you will incorporate your notes from this chart into the final Simple Living Action Plan on page 89.

Category	Actions	Obstacles/ Competing Values	Rewards/Advantages	Resources/ Support Needed	Timeline	Done?
Over-scheduling						
Electronic distractions (e.g.: television, computer)						
Habits for slowing down						

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**SESSION 4 ACTION PLAN: TIME** *(continued from previous page)*

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After using the chart to brainstorm ideas, select actions you are confident you can begin and write them in the space below. If you have any observations or reflections as you begin to implement these changes, we encourage you to note them below.

**GOALS/INTENTIONS:****STEPS TO ACHIEVE:****OBSERVATIONS & REFLECTIONS:****INSIGHTS FROM PREVIOUS WEEK:**

## SESSION 5 ACTION PLAN: LIVING SIMPLY ON EARTH

What steps might you take to deepen your connection to Earth and live more sustainably? Note them in this chart, as well as the obstacles you will face in implementing them, the rewards you'll get by incorporating them into your life, and the resources and support you'll need. For suggestions or clarification, see "Putting It Into Practice" on the previous page, or the example of a Simple Living Action Plan on page 88.

After completing the five sessions, you will incorporate your notes from this chart into the final Simple Living Action Plan on page 89.

Category	Actions	Obstacles/ Competing Values	Rewards/Advantages	Resources/ Support Needed	Timeline	Done?
Living lightly/ Conservation						
Spending time in nature						

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**SESSION 5 ACTION PLAN: TIME** *(continued from previous page)*

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After brainstorming ideas, select actions you are confident you can begin to make. Being as specific as you can, write them in the space provided below. If you have any observations or reflections as you implement these changes, we encourage you to note them below.

**GOALS/INTENTIONS:****STEPS TO ACHIEVE:****OBSERVATIONS & REFLECTIONS:****INSIGHTS FROM PREVIOUS WEEK:**

## EXAMPLE OF A SIMPLE LIVING ACTION PLAN

During these sessions, you'll be gradually constructing a chart like this for yourself (a blank one just like this is provided on page 89). The charts in each individual session break each session theme down a bit further for brainstorming purposes.

In choosing which actions you can take to live more simply in these several categories, you'll be faced with both obstacles and rewards. By clearly identifying the resources and support you'll need to overcome the obstacles and accomplish each of these actions, you'll be more likely to figure out how to accomplish them. Don't hesitate to ask the members of your discussion group for ideas and support; this aspect of the course is often considered to be the most rewarding.

Category	Actions	Obstacles/ Competing Values	Rewards/ Advantages	Resources/ Support Needed	Timeline	Done?
<b>Session 1: Intentional Living</b>	<ul style="list-style-type: none"> <li>• Turn off TV when we're not focusing our complete attention on it</li> </ul>	<ul style="list-style-type: none"> <li>• Housemate likes background noise</li> <li>• Silence will be strange</li> <li>• I'll feel "out of the loop"</li> </ul>	<ul style="list-style-type: none"> <li>• Deeper conversations with housemates/family</li> <li>• Listening to inner self</li> </ul>	<ul style="list-style-type: none"> <li>• Family buy-in</li> <li>• Develop comfort with silence</li> </ul>	Now	
<b>Session 2: Consumerism</b>	<ul style="list-style-type: none"> <li>• Get off of catalog mailing lists</li> </ul>	<ul style="list-style-type: none"> <li>• Habit</li> <li>• Fun to shop via catalogs</li> <li>• Catalogs have things stores don't</li> </ul>	<ul style="list-style-type: none"> <li>• Fewer impulse buys</li> <li>• Money left for other stuff</li> <li>• Self-esteem boost</li> </ul>	<ul style="list-style-type: none"> <li>• How to get out of mailing lists?</li> <li>• Research on Web</li> </ul>	This month	
<b>Session 3: Work</b>	<ul style="list-style-type: none"> <li>• Leave office by 5pm</li> </ul>	<ul style="list-style-type: none"> <li>• Office culture stays later</li> <li>• Fear of not producing or being seen as unambitious</li> </ul>	<ul style="list-style-type: none"> <li>• Time w/family &amp; friendships</li> <li>• Time for self care</li> <li>• Sense of balance</li> </ul>	<ul style="list-style-type: none"> <li>• Family</li> <li>• Employer</li> </ul>	Within next 3 months	
<b>Session 4: Time</b>	<ul style="list-style-type: none"> <li>• Take 2 hours of rest/retreat every week</li> </ul>	<ul style="list-style-type: none"> <li>• Our calendar very full</li> <li>• Anxiety of not picking up phone</li> <li>• Keeping kids entertained without electronics</li> </ul>	<ul style="list-style-type: none"> <li>• Break from the usual busyness</li> <li>• Family time</li> <li>• Opportunity to reflect</li> </ul>	<ul style="list-style-type: none"> <li>• Family buy-in</li> <li>• Board games</li> </ul>	Start in 2 weeks	
<b>Session 5: Living Simply on Earth</b>	<ul style="list-style-type: none"> <li>• Eating seasonally</li> </ul>	<ul style="list-style-type: none"> <li>• Less variety in diet</li> <li>• What if I can't afford it?</li> </ul>	<ul style="list-style-type: none"> <li>• Healthier diet</li> <li>• Greater connection to local environment</li> <li>• Smaller eco-footprint</li> </ul>	<ul style="list-style-type: none"> <li>• Household buy-in</li> <li>• Information on seasonal foods</li> </ul>	This month	

## SIMPLE LIVING ACTION PLAN

Now that you've completed the five sessions of Voluntary Simplicity and have had time to think a bit more about priorities and changes you'd like to make, it is time to bring your ideas together in a final action plan. Using the charts and notes from each session, create a comprehensive Action Plan to go forward with. Consider including some actions you can take immediately and some that will take further planning and simple living commitment. We suggest you bring your final action plan to your group's "Call to Action" celebration to share you goals and progress with a supportive group. You may also wish to detach this chart to use it as a visible reminder of your goals.

Category	Actions	Obstacles/ Competing Values	Rewards/ Advantages	Resources/ Support Needed	Timeline	Done?
Session 1: Intentional Living						
Session 2: Consumerism						
Session 3: Work						
Session 4: Time						
Session 5: Living Simply on Earth						

## **SIMPLE LIVING ACTION PLAN** *(continued from previous page)*

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If you have any observations or reflections as you begin to implement these changes, we encourage you to note them below.

### **OBSERVATIONS & REFLECTIONS:**

### **ONGOING THOUGHTS & NOTES:**