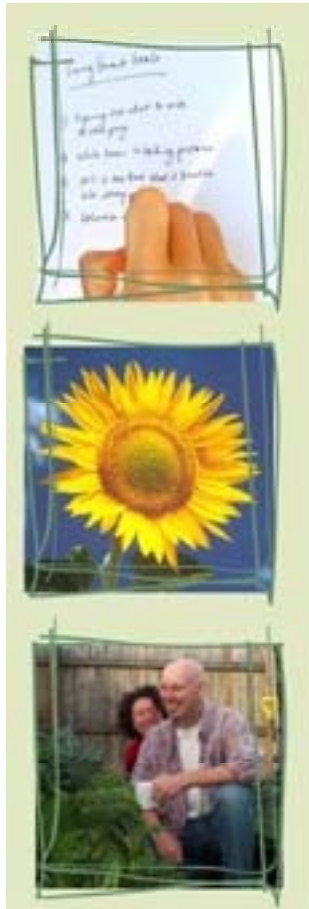




Nobody made a greater mistake than he who did nothing because he could only do a little - e. burke

Welcome to **Living**
Smart

Aims of the Living Smart course



- Raise awareness of sustainability issues;
- To help you take up new, more sustainable choices in your life and at work;
- Empower you to actively participate in sustainability activities at work and in your community;
- To provide you with an enjoyable and meaningful learning experience;

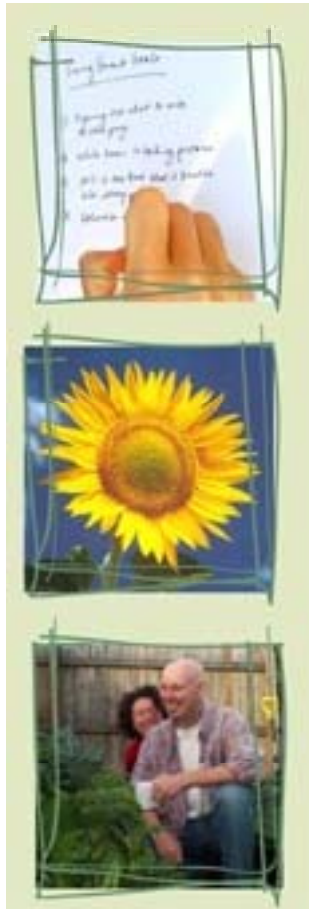
www.livingsmart.org.au

Living Smart Partnership



- Living Smart is the outcome of a strong partnership between
 - The Meeting Place Community Centre
 - City of Fremantle
 - Murdoch University
 - Southern Metropolitan Regional Council,
- Together with active participants in the early pilot programs from the Fremantle community

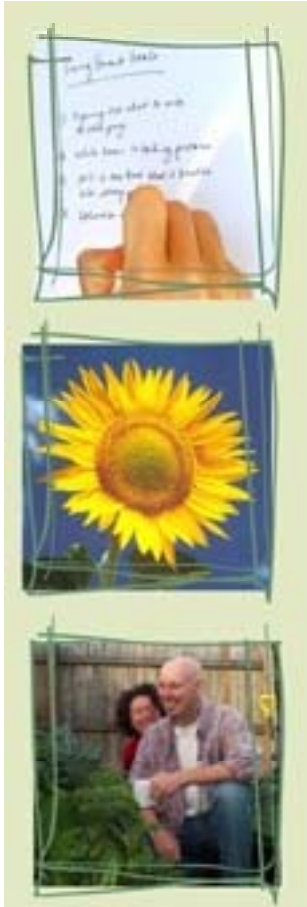
Some Participant Comments on Living Smart



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- My Saturday afternoons for 7 weeks have completely changed my life
- I achieved monumental changes in my way of life which I had always meant to do but never got around to.
- It increased my sense of urgency in tackling climate change.
- I thought I knew it all and was doing most of it until I went to Living Smart. Now I'm doing much more and there is still more I can do.

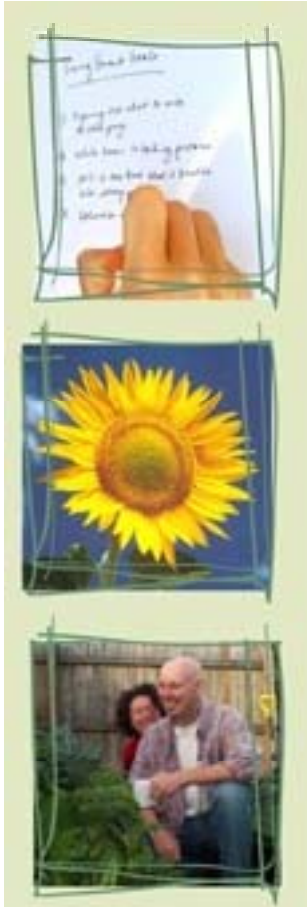
What is “Sustainability”?



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Slide 5

What is sustainability?



- Living in a way that meets the need of the present without compromising the ability of future generations to meet their own needs.
- Finding a balance between environment, economy and society.

Sustainability Bingo



Living Smart
creating sustainable communities

Uses public transport at least once per week	Practices relaxation or meditation techniques	Uses a compost bin/leaf or worm farm successfully	Has substantially reduced their meat and dairy consumption	Has a grey water system (bucket in the shower counts!)	Is active in a local community group
Donated to a local charity	Can name three native plants in their garden	Grows own vegies	Supported an environmental cause last year	Has a solar hot water system	Regularly exercises outside
Switches appliances and computers off at the mains	buys locally grown fruit and veg	Has walked or cycled somewhere in the past week	Hasn't been on an aeroplane for at least 2 years	Has water saving showerhead(s)	Uses own reusable shopping bags
Grows own herbs	Planted at least 1 native tree or shrub in the last year	Uses fans and closes curtains instead of a/c in the summer	Has external shading on West-facing windows	Has installed grid-connected photo-voltaics on own house	Drives a small fuel-efficient car
Purchases 100% GreenPower for the home	Invests in green and/or ethical companies	Bought organic fruit and/or vegetables last week	Reuses waste paper for notes	Goes to their own street party	Has deciduous trees/vines on North side of house
Uses bicarb soda and vinegar as cleaners	Has a rainwater tank plumbed to toilet or washing machine	Annually offsets the emissions for their car(s)	Usually eats 2 fruit and 5 veg serves per day	Buys recycled paper products when possible	Has some clothes/building made from bamboo or hemp

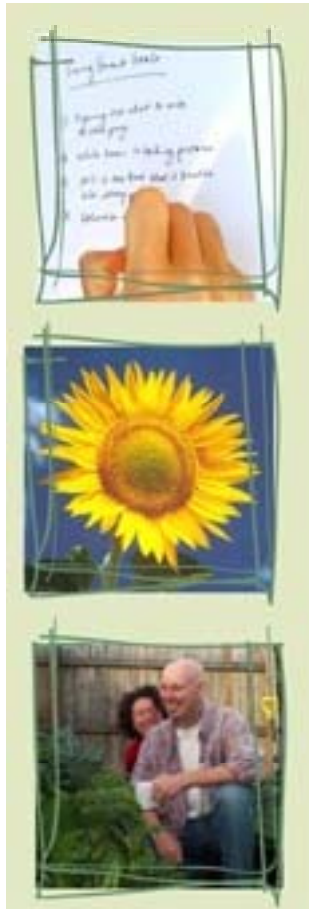
Find someone for each category and write his or her name in the square.
Only use a person's name once.

BINGO!!

Slide 7

Living Smart

Course Outline

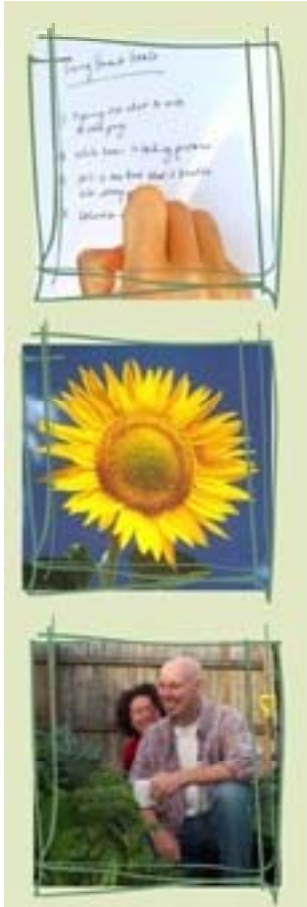


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Wk 1: 27th May	Intro - Goals - Climate Change
Wk 2: 3rd June	Power
Wk 3: 10th June	Waste
Wk 4: 17th June	Healthy You and Healthy Home/Office
Wk 5: 24th June	Travel-Fuel-Peak Oil
Wk 6: 1st July	Gardening for Biodiversity
Wk 7: 8th July	Food gardening
Wk 8: 15th July	Water
Wk 9: 22nd July	Beyond Living Smart
Wk 10: 29th July	Community

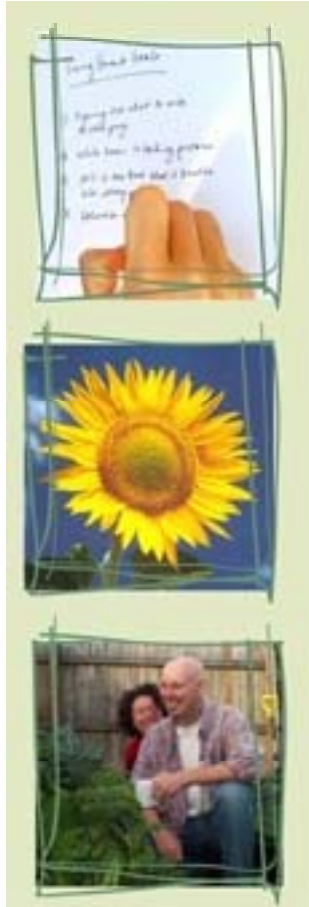
Slide 8

Why Live Sustainably?



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Slide 9



Climate Change

One Symptom of our Unsustainable Lives

What motivated me to change





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APRIL 3, 2006

www.time.com AOL Keyword: TIME

SPECIAL REPORT GLOBAL WARMING

TIME

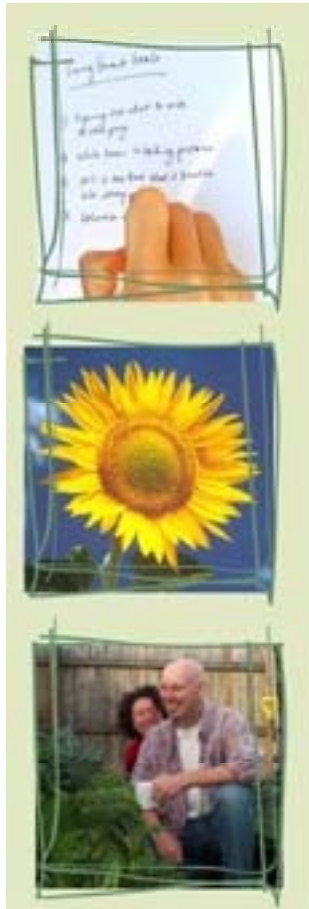
**BE
WORRIED.
BE *VERY*
WORRIED.**

Climate change isn't some vague future problem—it's already damaging the planet at an alarming pace. Here's how it affects you, your kids and their kids as well

EARTH AT THE *TIPPING POINT*
HOW IT THREATENS YOUR *HEALTH*
**HOW *CHINA & INDIA* CAN HELP
 SAVE THE WORLD—OR DESTROY IT**
THE CLIMATE *CRUSADERS*



The Whitechuck Glacier (USA) retreated 1900m between 1973 and 2006



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1973



2006

The Boulder Glacier retreated 450m between 1985 and 2003





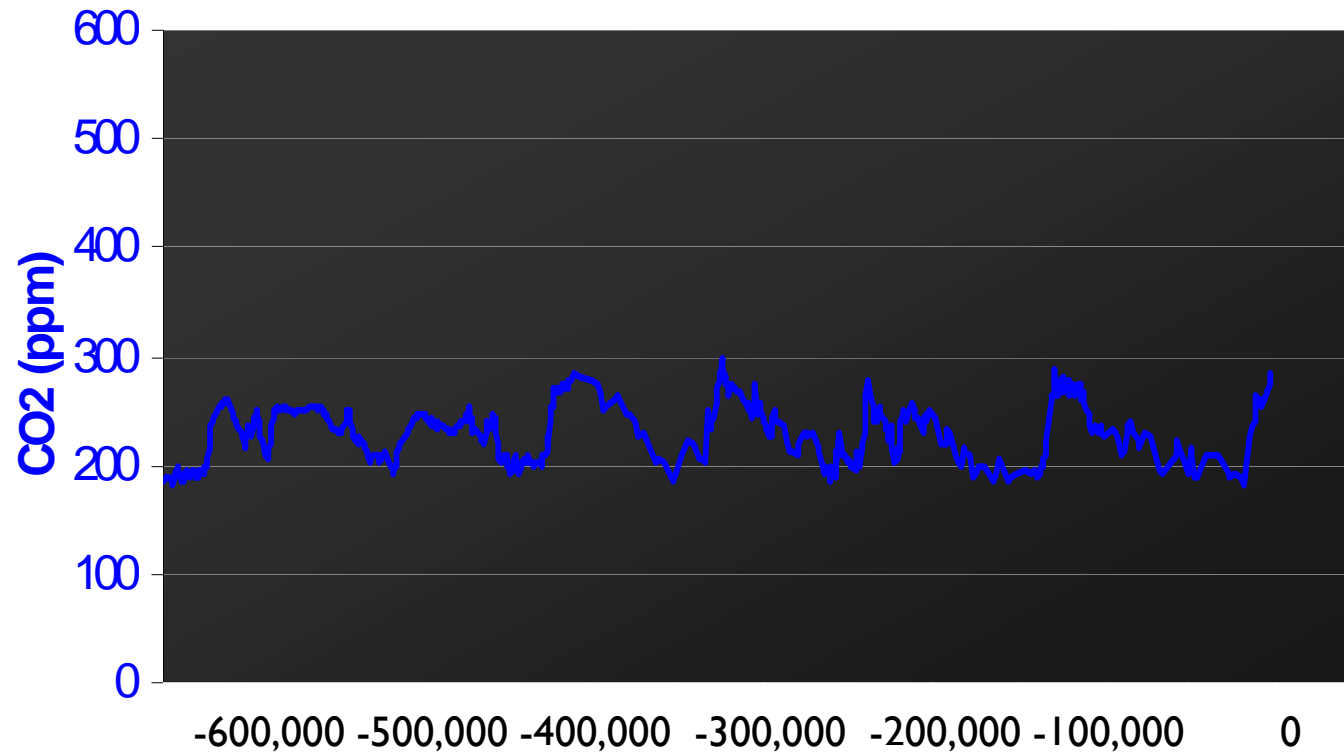
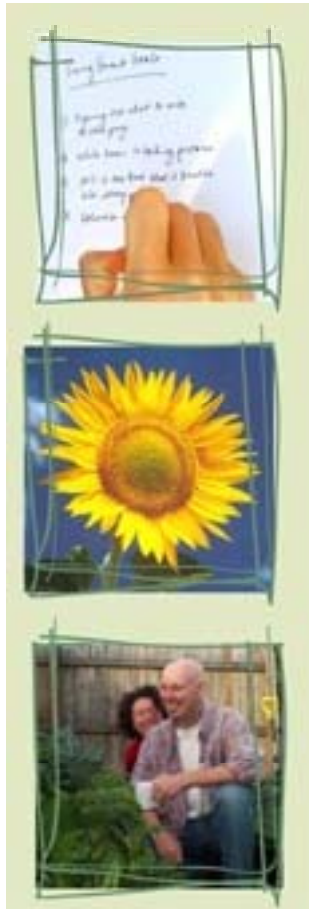
**Living
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Lonnie G. Thompson



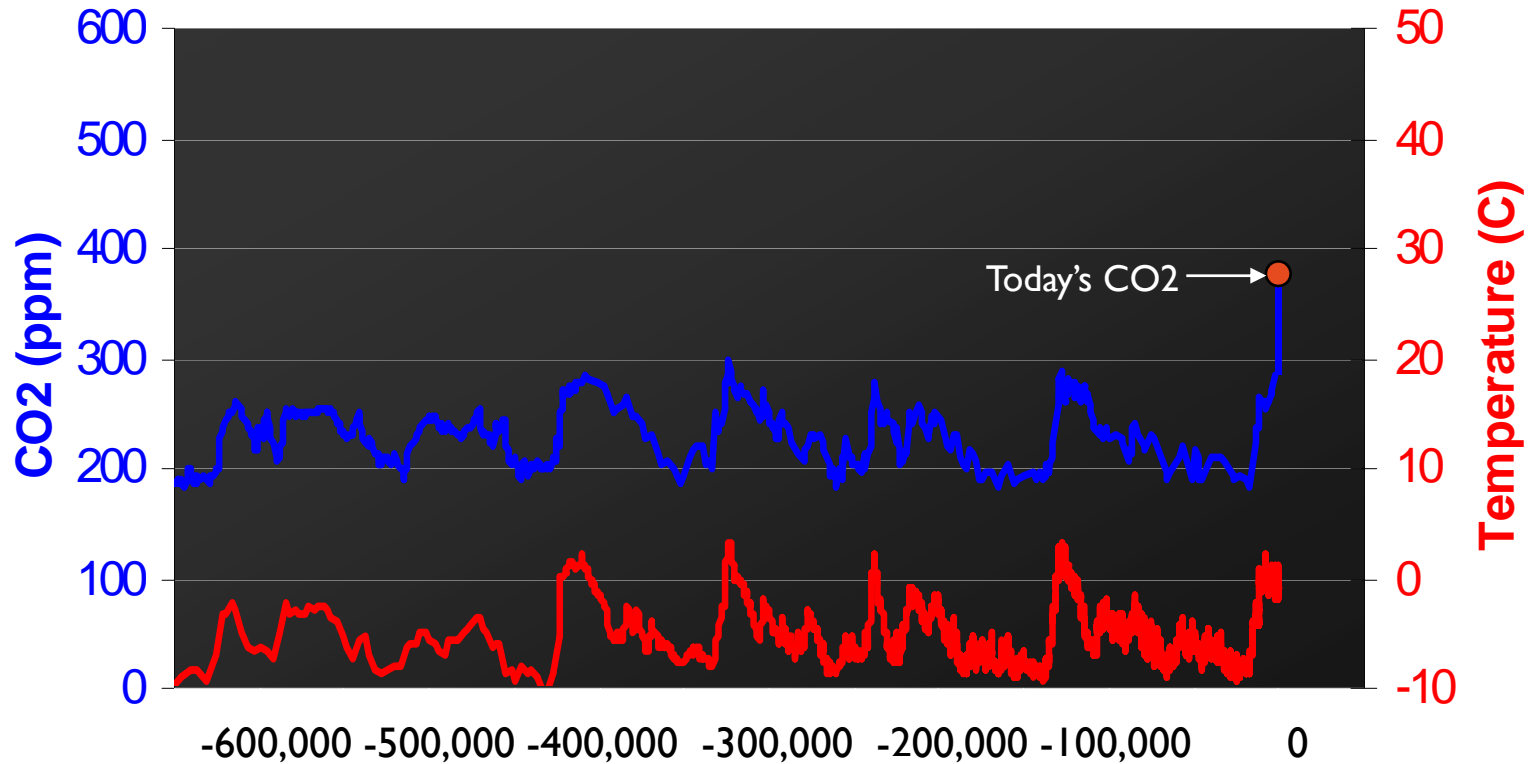
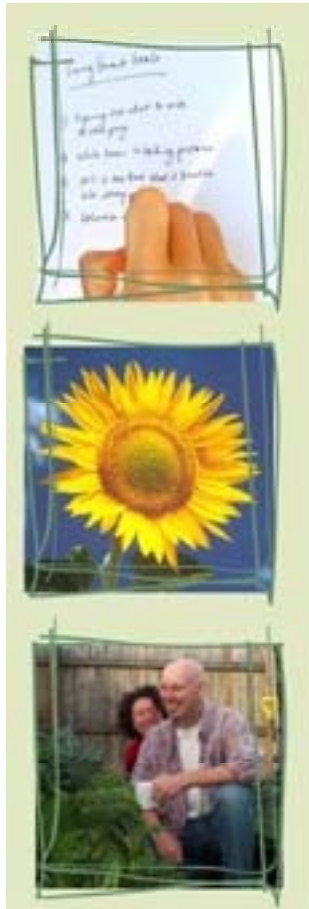
National Geophysical Data Center NOAA
<http://www.ngdc.noaa.gov/paleo/slides.html>

Quelccaya
Ice Cap
Peru, 1977

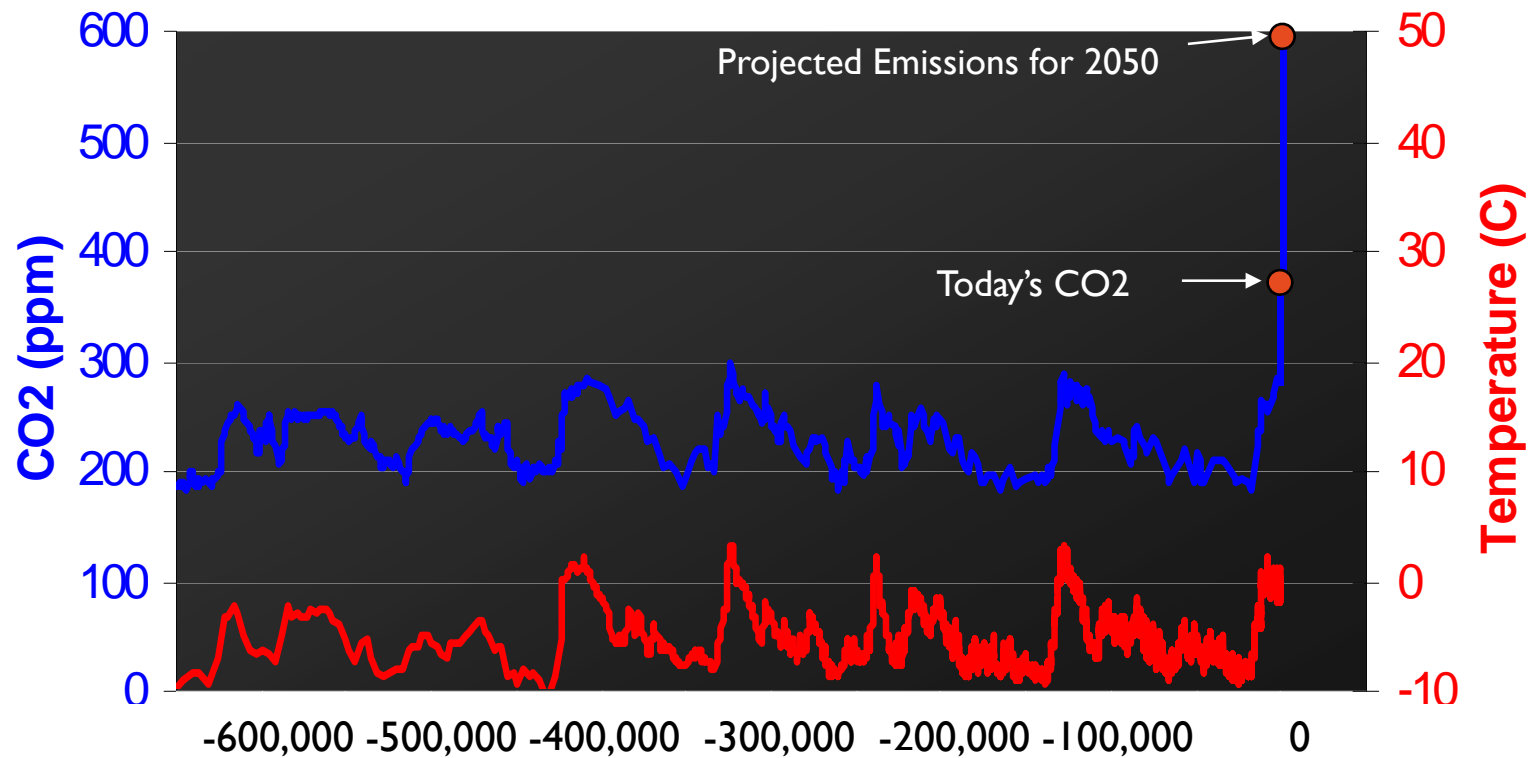
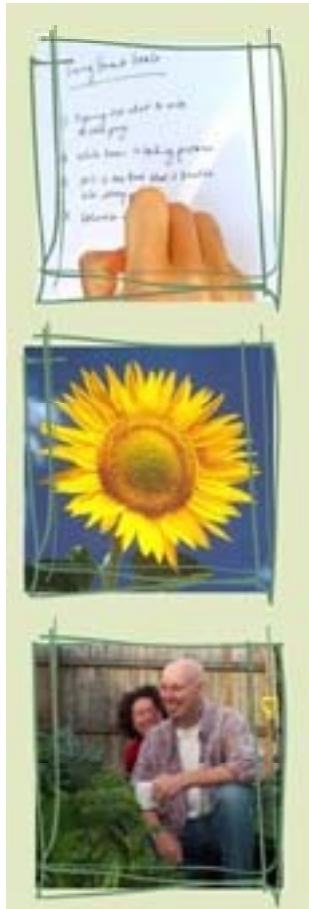
650,000 Years of CO₂ and Global Warming



650,000 Years of CO₂ and Global Warming

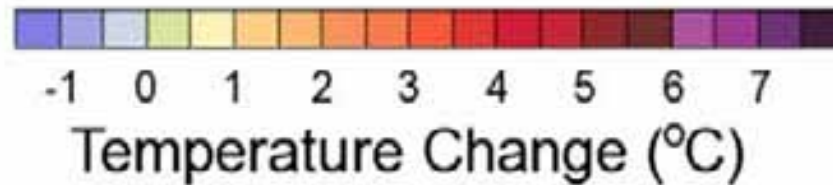
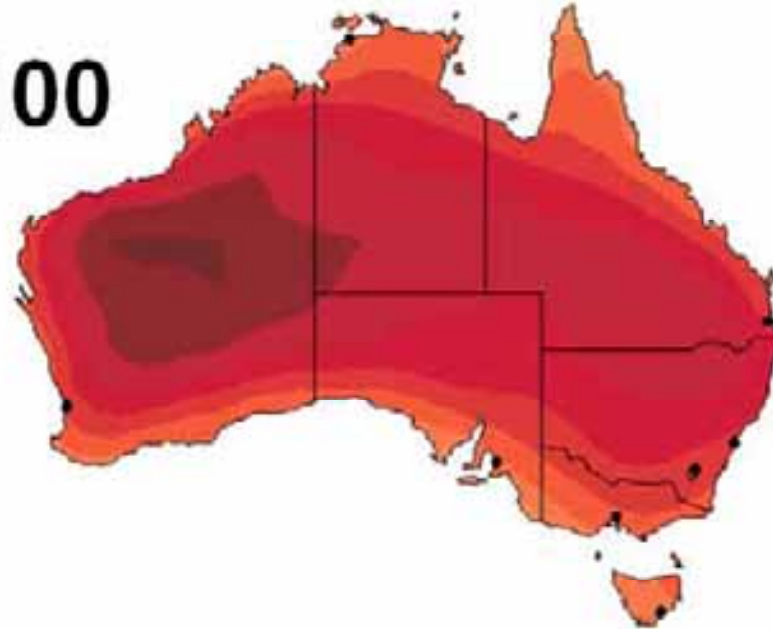


650,000 Years of CO₂ and Global Warming



Projected Temperatures in Australia to 2100

2100



CSIRO Mark 3.5 climate model
IPCC SRES A1B emission scenario
Change relative to 1980-1999 average



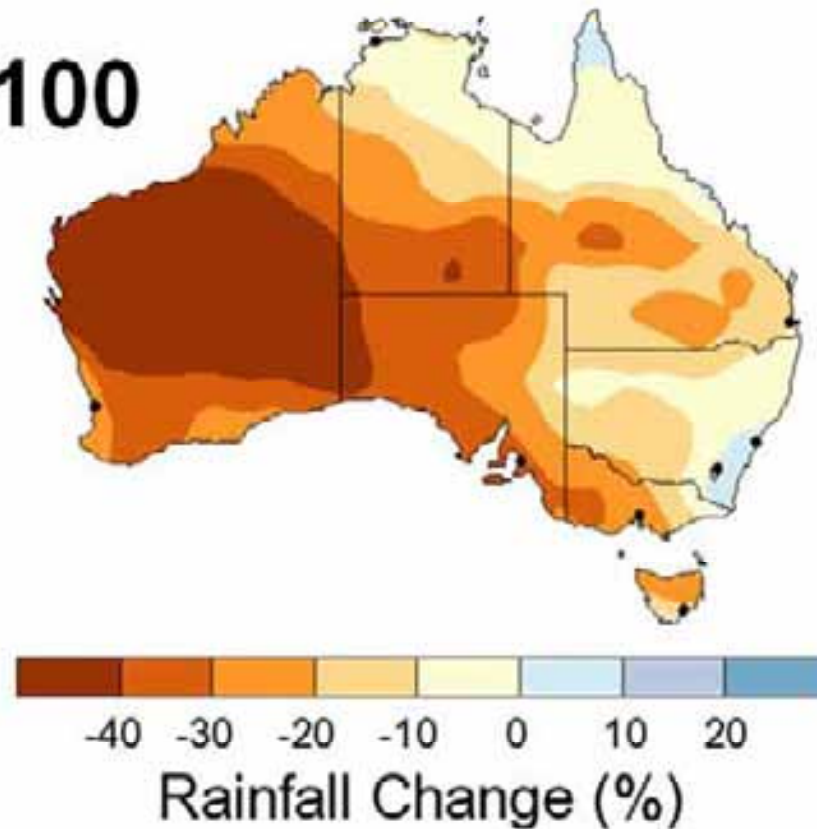
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Projected Rainfall in Australia to 2100



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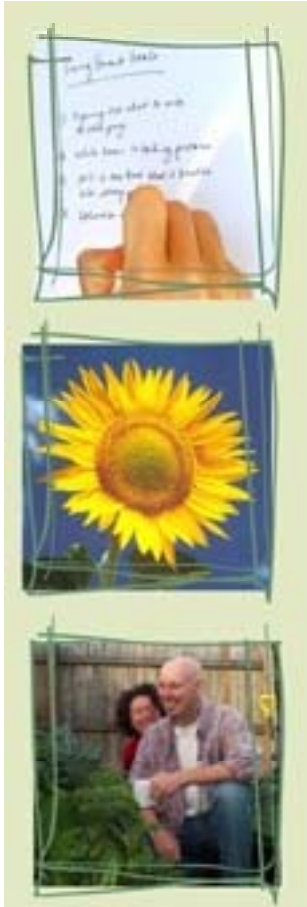
2100



CSIRO Mark 3.5 climate model
IPCC SRES A1B emission scenario
Change relative to 1980-1999 average



Extremes in Australia



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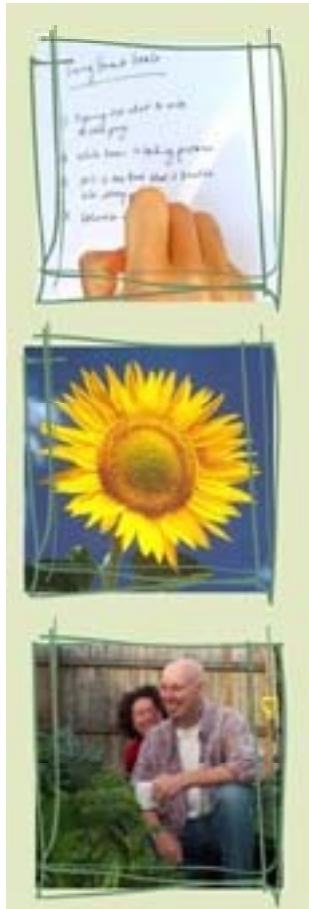


Murray Darling Basin
August 2007



Hunter Valley
June 2007

““In Southeastern Australia, the frequency of Catastrophic fire days will increase from 1 in 33 years to 1 in 2.5 years” - IPCC

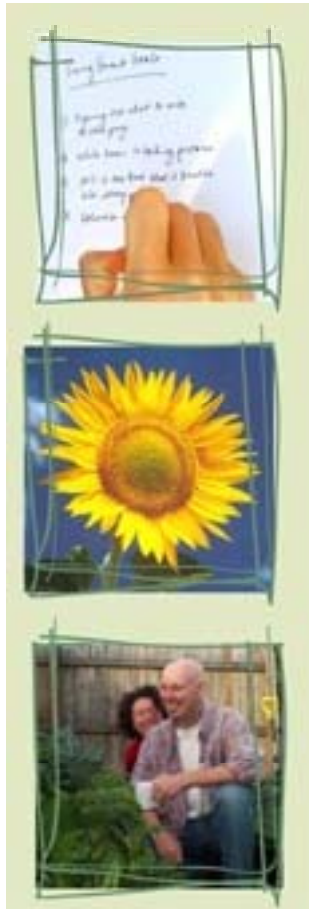


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9:47 PM



100% of Acacia Species in Southwest WA will become extinct with 1-2°C of warming



Acacia acuminata

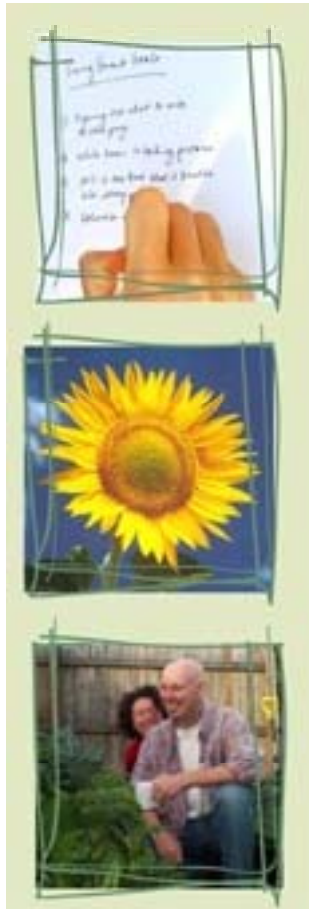
Photos: J. Flint, M. Hancock, S.D. Hopper & E. Wajon

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Photography by J. Flint, M. Hancock, S.D. Hopper & E. Wajon. Image used with the permission of the Western Australian Herbarium, Department of Environment and Conservation (<http://florabase.dec.wa.gov.au/help/copyright>). Accessed on Thursday, 18 October 2007.



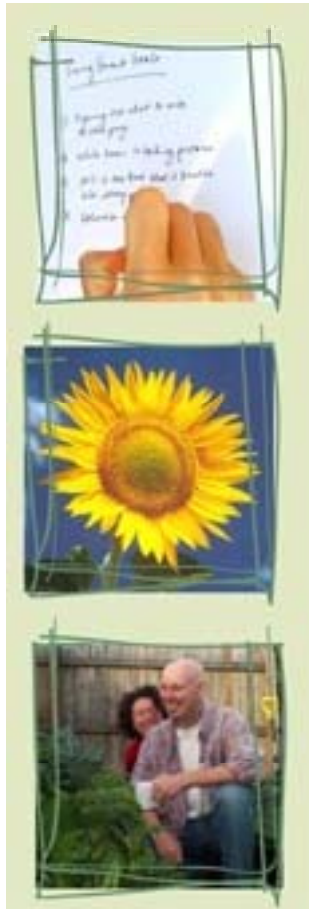
97% of the Great Barrier Reef will be bleached every year with 2-3°C of warming



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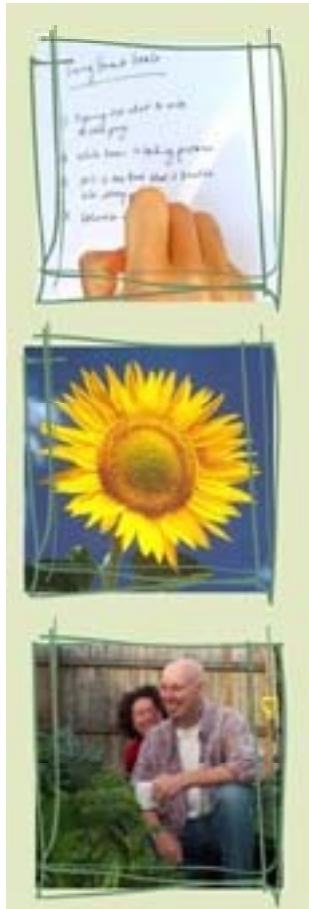


Photo: Ove Hoegh-Guldberg

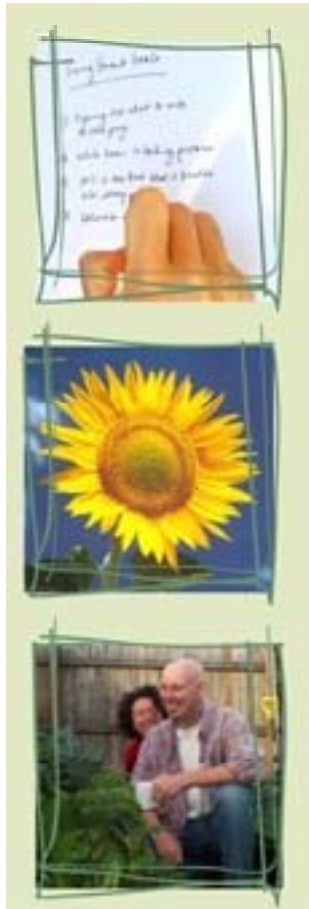


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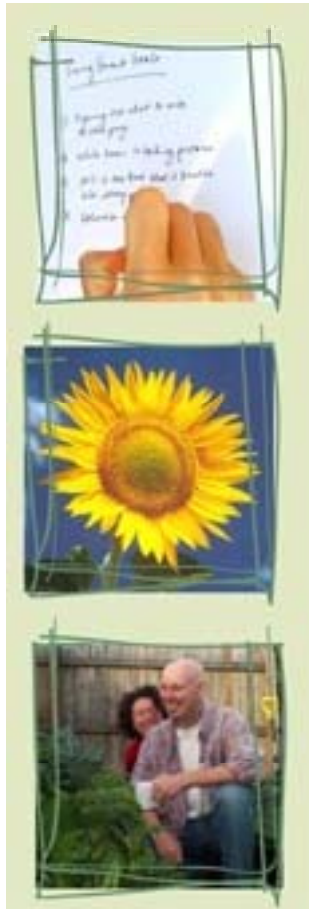
Loss of Artic Sea Ice 1979-2007



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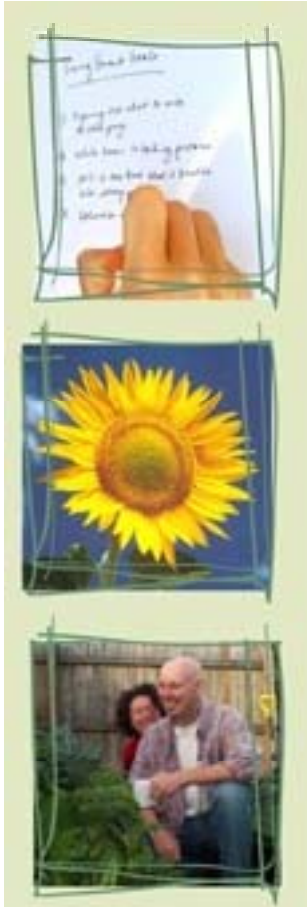


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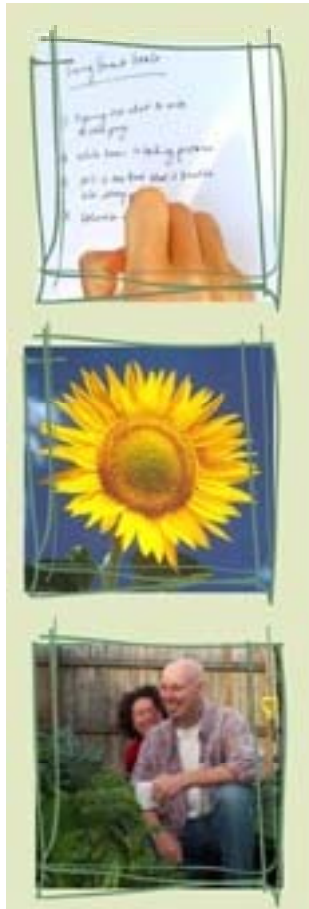
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Three Simple Choices



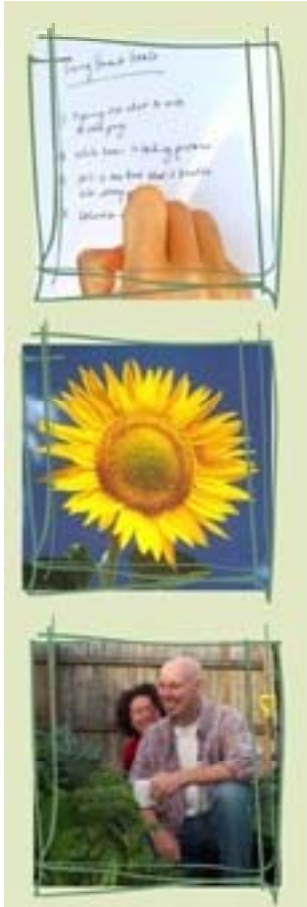
- Continue denying it;
- Get depressed and do nothing;
- Do something.

What I did and what we all need to do to stop the projections from becoming reality



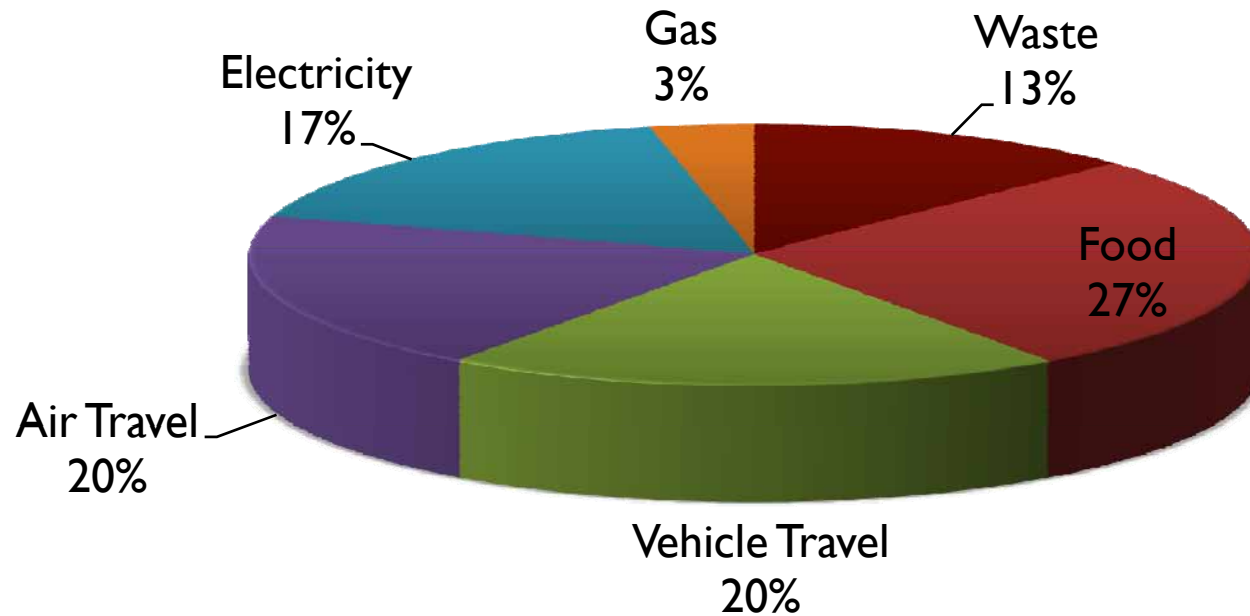
- **Measure** our carbon footprint
- **Reduce** our own emissions
- **Switch** to green power
- **Offset** the rest
- **Spread** the word

Measuring your Footprint

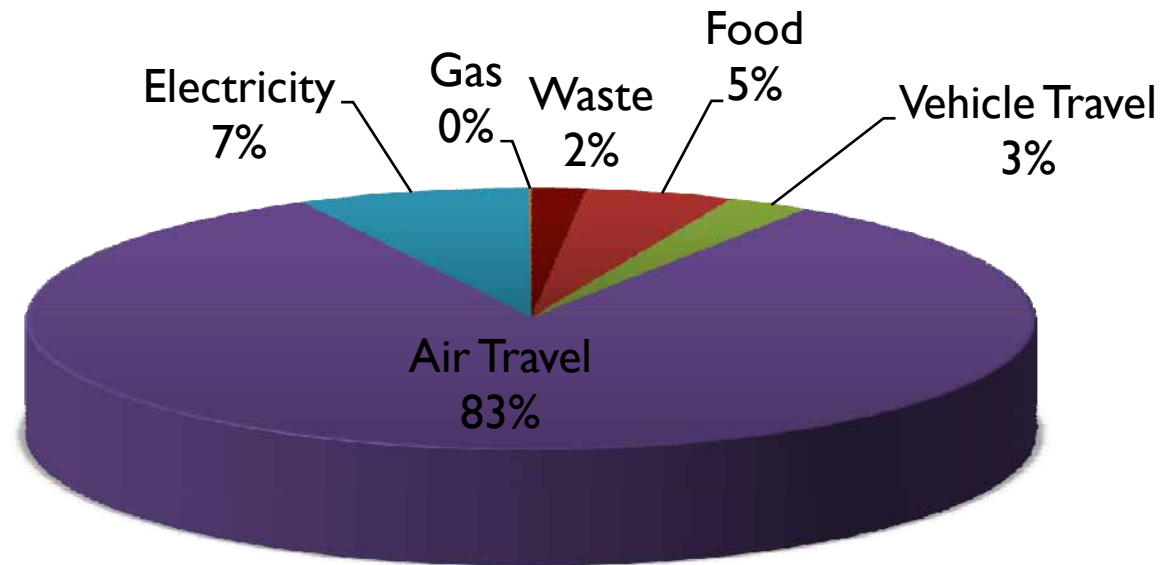


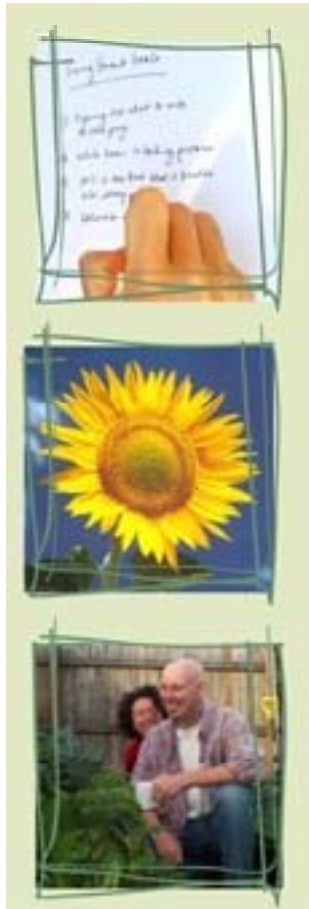
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Source of Greenhouse Gas Emissions for a Typical Australian Household



My Sources of Greenhouse Gas Emissions 4 Years Ago





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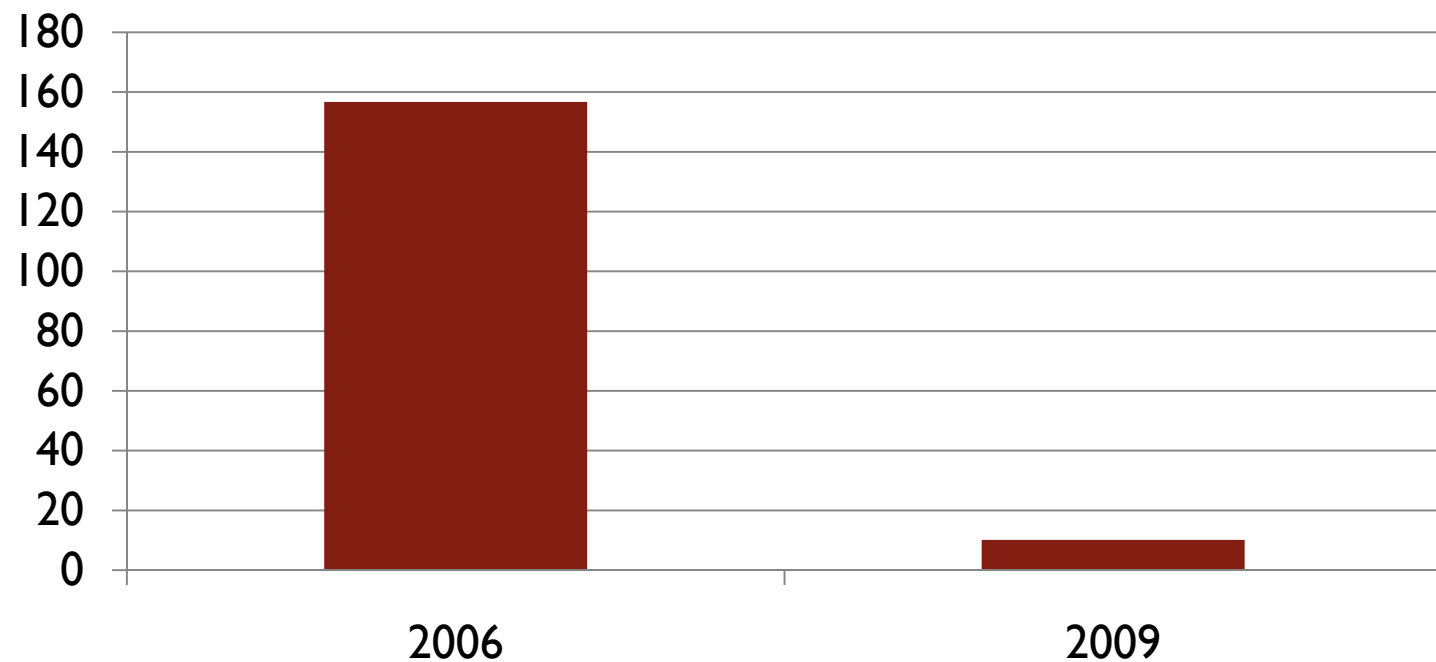


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The end Result?



**Household Greenhouse Gas Emissions
(CO₂e)**



Offset the rest



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www.carbonneutral.com.au



www.climatefriendly.com

Spread the word



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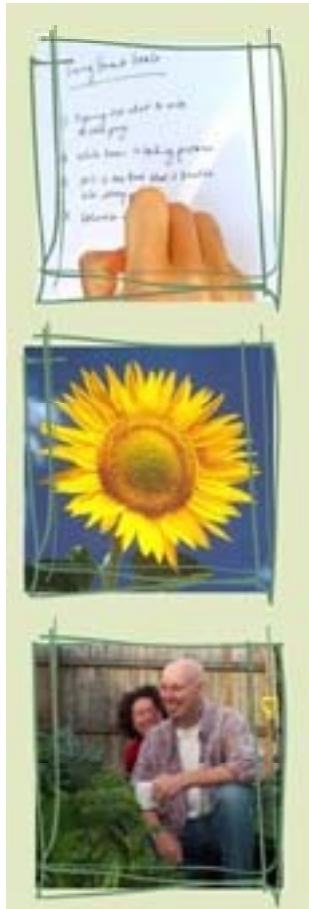


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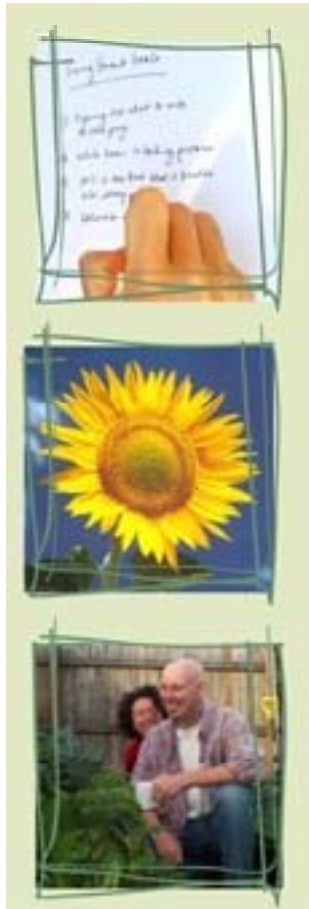


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How did I achieve this?



- By Establishing Goals:
 - To be a carbon neutral household;
 - To deliver the Al Gore slide show to more than 100 audiences during 2008;
 - Changing to a sustainable lifestyle and thereby demonstrate what can be achieved;
- Being Motivated to Achieve them:

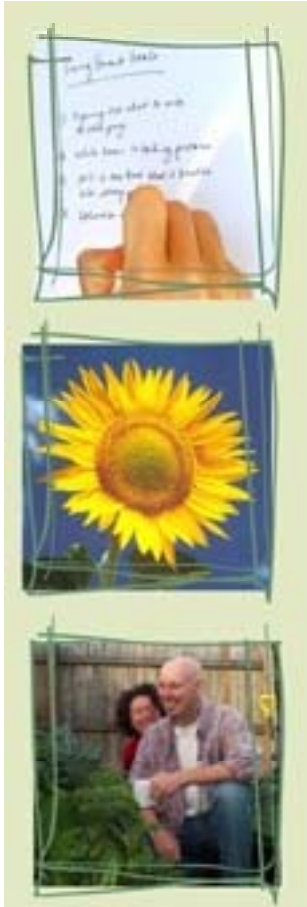


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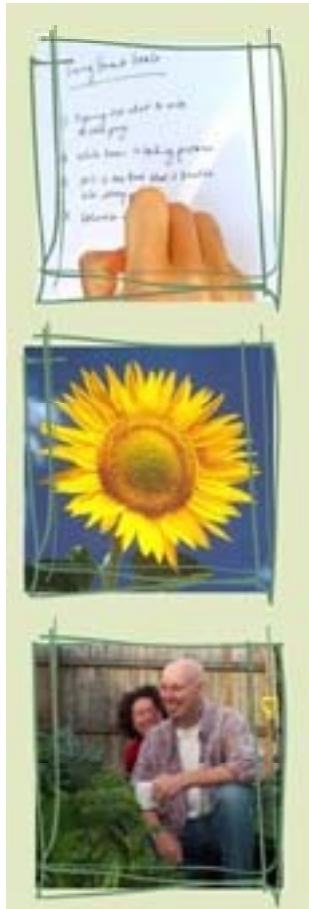
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The Road Ahead



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Activity: What Have You Already Done to Reduce Your Emissions?



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- In Table Teams:
 - Write down the 2-3 things you're doing that you are most proud of;
 - Share what you are doing with others on your table
 - Discuss what some things that you are already doing or could be doing at work;
 - Prepare to report back to main group;
- Time: 10 minutes



Set goals – take action

Goal setting is not new...

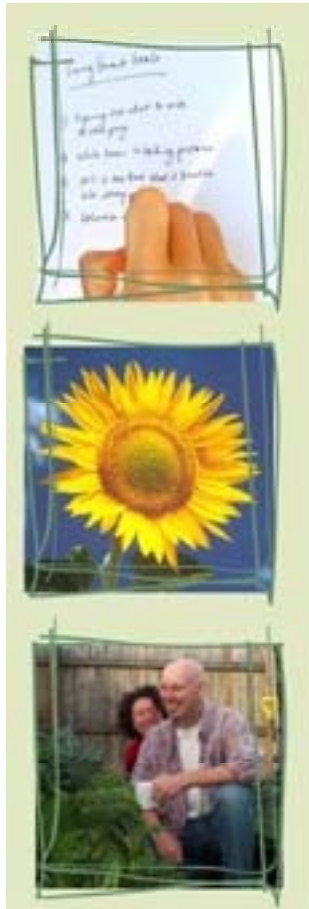


- “Whatever you can do or dream you can do, begin it. Boldness has genius, power, magic in it. Begin it now.” – Goethe
- “Man is a goal seeking animal. His life only has meaning if he is reaching out and striving for his goals” - Aristotle



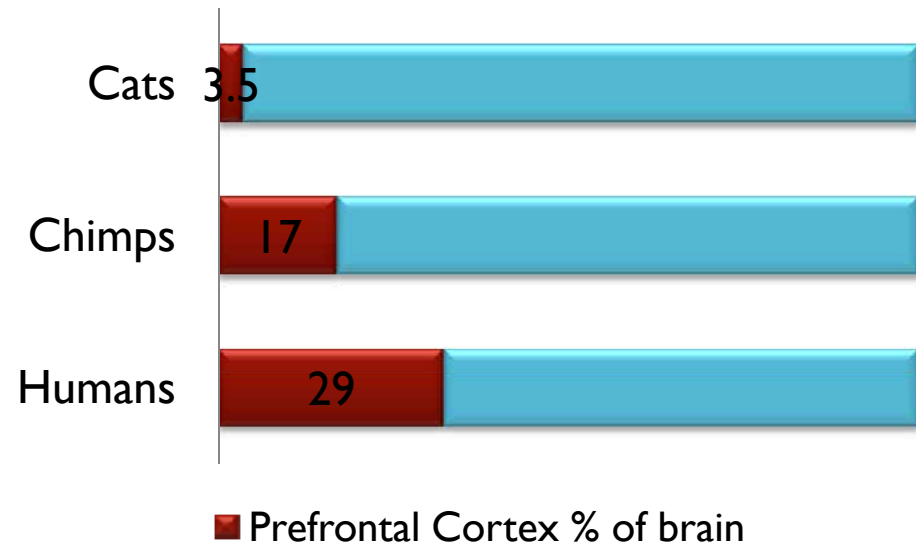
Slide 55

Brain science

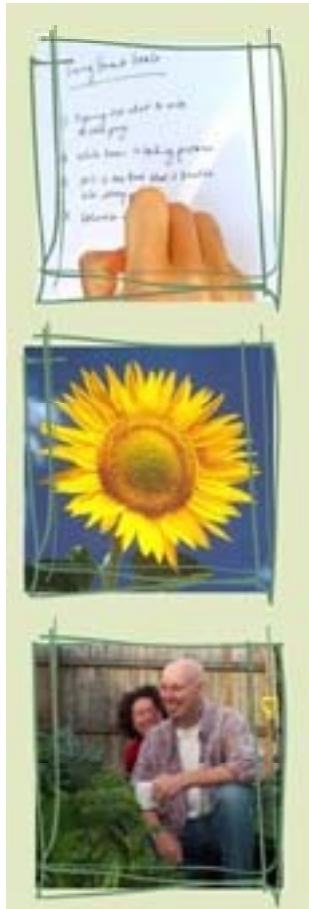


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- The human mind, like no other, has the ability to create different scenarios and plot a course towards an envisioned future.
- Prefrontal cortex – reasoning and forward planning:



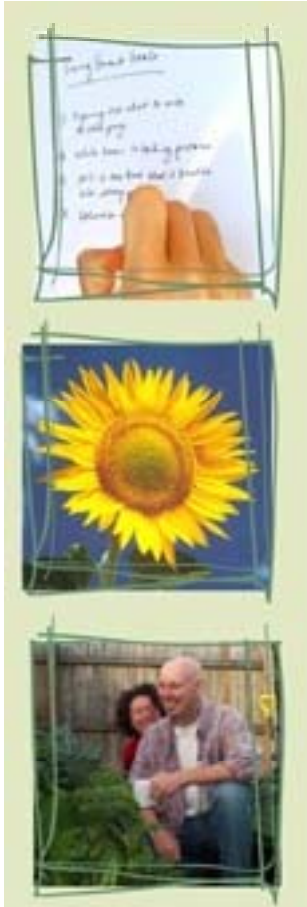
The Power Of The Subconscious



- Behind the scenes
- Direction from conscious mind
- Believes as fact
- Literal language
- Repetition
- Repetition



Your language feeds your subconscious



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- I should
- I would
- I ought
- I must
- I can't
- I want
- ☹️
- I can
- I am
- I have
- I choose
- I create
- 😊

Goalsetting success...



Write your goal down...

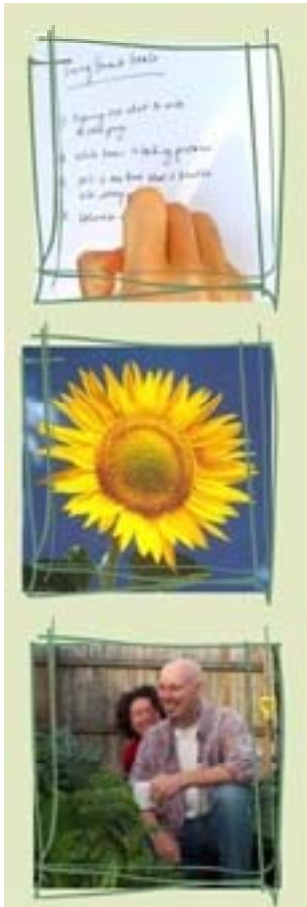
- S
- M
- A
- R
- T
- Specific – so you know it's done
- Meaningful – and positive
- Achievable – but challenging
- Realistic – be flexible (life happens)
- Timebound – give it a deadline

Making it happen!

Write it

**Specific
Meaningful
Achievable
Realistic
Timebound**

Reward yourself!



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Two copies of a 'Smart Journey' goal-setting worksheet. The top copy has red circles highlighting the goal and steps sections. The worksheet includes sections for 'My overall goal and steps to achieve this are:', 'step 1:', 'step 2:', 'step 3:', 'Why I want to achieve my goal:', and 'I will achieve my goal by:'. It also features a quote: 'Whatever you can do or dream you can, begin it. Boldness has genius, power and magic in it. Begin it now.' and the name 'goethe'.

Homework: Calculate Your Carbon Footprint



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Question	Your Answer	a)	b)	c)	d)	e)	f)	g)	Your Score	Tonnes Calc	Tonnes
A	b)	1.30	2.00	2.60	3.30				2.00	A →	2.00
B	c)	0.00	0.10	0.11	0.17	0.23	0.30	0.37	0.11	BxC/D →	0.65
C	d)	2.5	7.5	12.5	17.5	22.5	27.5	35.0	17.5		
D	d)	1.0	1.5	2.0	3.0	4.0	5.0		3.0		
E	a)	0.0	0.2	1.0	2.5	5.0	12.0	25.0	0.0	E →	0.0
F	b)	2.10	4.20						4.20	FxG/N →	0.1
G	a)	0.10	0.20	0.40	0.60	0.80	1.00		0.10		
H	a)	-1.00	-0.75	-0.50	-0.25	0.00			-1.00	H/N →	-0.25
I	e)	0.0	1.0	3.0	6.0	12.0	24.0	48.0	12.0	IxJ/N →	0.0
J	f)	1.0	0.9	0.75	0.5	0.25	0.0		0.0		
K	c)	0.2	0.4	0.6	0.8				0.6	KxL/N →	0.45
L	a)	3.0	3.0	1.0	1.25	2.0	2.25		3.0		
M	c)	3.5	3.9	4.3	4.7				4.3	M/N →	1.1
N	d)	1.0	2.0	3.0	4.0	5.0	6.0	7.0	4.0		Sum ↓
Your Carbon Footprint TOTAL:											4.05
Average Aussie Footprint:											13
Sustainable World Average Footprint:											2