

# Twelve small steps for Humankind

Dave Hampton wants us all to live happily ever after... after recovery from fossil addiction!

THERE'S NO MORE DENYING that our carbon boot-prints are giving Mother Earth a very nasty fever. But the good news is that this is an era of consciousness, creativity and opportunity. Those who 'get it' first, and who cut their own carbon emissions, radically, willingly, energetically and inspirationally - will be true, popular leaders.



## Personal Lifestyle

**1. To what extent do you dress differently, during the day, according to the weather?**

- A Entirely
- B Sometimes
- C Slightly
- D Not at all

It's cool to choose ethical, green, fashionable clothing like Howies. Dress creatively and seasonally. Drop the old dress codes and norms - that evolved an age ago - before we realised the cost of trying to isolate ourselves from the weather 'outside'. Adjusting the temperature by just one degree centigrade - will save a whacking 10% on fuel bills!

**2. How often are you able to buy local seasonal produce?**

- A Always
- B Sometimes
- C Rarely
- D Never

Walk or bike to explore a local farmers' market, farm shop, friend's allotment... to anyone offering you real locally grown grub with the mud still on it. Joy! Then slow cook it for a delicious, healthy detox treat.

**3. How often do you choose the veggie option when eating out?**

- A Always
- B Sometimes
- C Rarely
- D Never

I'm not going to suggest you stop eating meat completely, but I have resolved to choose the veggie option more often. At home and when eating out. Soon veggie options will be more a case of 'me too' than 'meat too'.

**4. How often do you ask for a jug of tap water instead of ordering bottled water when you go out?**

- A Always
- B Sometimes
- C Rarely
- D Never

Politely ask for a glass or jug of tap water. Give no reasons - be enigmatic - then savour the taste! Soon everyone will want some of what you are on!



## Home & Money

**5. Are you able to heat only the room/s in your house that are in use at the time?**

- A Yes
- B Up to a point
- C Not really
- D Not at all

Heat the room where you are, and turn radiators down or off where you're not. Leaving an empty room heated will soon appear as daft as leaving the lights on. There may be social benefits from this habit shift too. We may get along better with others in our homes if we huddle together.

**6. Are you confident that you know exactly what is using electricity in your home, and that there is no waste?**

- A Absolutely
- B Almost
- C I have a rough idea
- D No idea at all

When you know how much electricity you are using you don't think twice about switching off a few unnecessary lights, power items, or equipment that is on 'standby'. Get yourself an Owl. [www.theowl.com](http://www.theowl.com) or similar. With their clear portable LCD screen, these can go anywhere in your home, and show you instantly how much electricity you are using. Turning off electrical items you are not using can rapidly deliver you a £100 a year reward in savings - and trim 500kg CO<sub>2</sub> a year off your carbon wasteline.

**7. If you have investments, pension, or business interests, what proportion would you say is in 'green'?**

- A Almost all
- B Quite a lot
- C A small amount
- D None

Review your investments with a view to switching away from traditional pollute-as-usual funds to green, renewable, carbon-lite and ethical. It's clear that the value of some traditional funds will fall in a low-carbon economy, while others that invest in renewable energy generation, for example, are likely to rise.

'New Energy' funds like Merrill Lynch's, invest in wind, wave and solar power. A note of caution though: I'm no IFA so be sure to do your own research before making any decisions.



Dave Hampton a.k.a. The Carbon Coach. Sign up for his free monthly newsletter at [www.carboncoach.com](http://www.carboncoach.com)

If you are interested in smart ways to save money on energy bills, and shed a load off your mind and your carbon feet, try this carbon weight loss plan. Here are some suggestions to get you started on reducing your carbon footprint. You can work out your personal footprint by using the quick and easy MSN Carbon Emissions Estimator: <http://environment.uk.msn.com/tools/>

It makes sense to know your rough tonnage, and what the main causes of CO<sub>2</sub> emissions are for you.



## Transport & Travel

**8. Do you avoid using a car for long journeys?**

- A Always
- B Normally
- C Not really
- D Always use car

People who walk or cycle to the shops, can save a kilo of carbon, however the bigger savings come from 'letting the train take the strain' for longer journeys. All the benefit walking to the shops every day of the year can be undone in just six hours driving. Long distance off peak rail is great for unwinding and having a quiet time. Every 1000 miles you avoid using your car adds up to another 500kg or so of CO<sub>2</sub> avoided.

**9. How often do you arrange to car share?**

- A Whenever possible
- B Sometimes
- C Occasionally
- D Never car shared

Consider car sharing with someone else who is going to the same place as you. Making a new friend is the bonus. Slow down, you move too fast - got to make the petrol last.

**10. How often do you manage to cap your cruise speed on a motorway at 60 mph or below?**

- A Usually
- B Sometimes
- C Occasionally
- D Never

Reducing your average motorway speed by just 10% delivers more than 10% fuel savings. A regular saloon driven at 50mph can achieve better miles to the gallon than a Hybrid car driven at 70mph! Slower driving, when you can, reduces stress on you, your car, other road users, decreases your costs, and helps you arrive at your destination on time and relaxed. Also, consider trading you car up for a more fuel efficient model.

**11. How many hours did you spend in the air last year?**

- A Didn't fly at all
- B Less than 4 hours
- C Less than 8 hours
- D More than 8 hours

'Local' is going to be the new 'global' boast in 2009. Don't make the mistake of thinking long distance flights to far-flung conference destinations are going to impress anyone. Take a holiday in the UK or even try a 'Staycation'

**12. How often do you take the family on a holiday involving more than a 4 hour flight?**

- A Never
- B Every 3 years or so
- C Once every year
- D More than once a year

Why not get to know your homeland better? You will be helping our economy, too. A UK family, avoiding just one Australian holiday, avoids a staggering 25 tonnes of CO<sub>2</sub> between them! Thousands of tourists flock to Marlow UK each year.

## RESULTS

**Mostly A's** You are a carbon hero - all you need to do now is be irresistible - so the neighbours want to imitate you.

**Mostly B's** You are highly carbon responsible and setting a wonderful example - the kids will thank you one day.

**Mostly C's** You are normal - but you are not taking this carbon challenge seriously yet. You can choose to do more.

**Mostly D's** You are a bit of a fossil dinosaur. Your dirty habits are antisocial, irresponsible... and so passé darling!!

**TIME TO PLAN AHEAD** Grab a pen and paper and tot up how many hours you've flown in the last three years. Every four hours in the air is another tonne of greenhouse impact. Some say that one tonne per person is ultimately more than the planet can stand. So in just four airborne hours we burn one citizen's annual carbon allowance.

How many hours do you need to spend in the air? Maybe you have loved ones the other side of the world. How much are you going to allow yourself to fly in the next five years, say? Is it possible to blend carbon-lite thinking into life's biggest plans, like where we live? Dare I suggest thinking about re-grouping some of those dearest to us, so they can become nearest to us one day?

**FINALE** This is our individual chance to show carbon leadership, and the time is now. Remember who said "If you are not going to lead, then please could you get out of the way." This was the phrase used by a frustrated Papua New Guinea individual, to the USA delegate, before last year's global climate conference deadlock was broken and agreement reached to cut the carbon. All this new resolve gives each of us a chance to lead, not by our words, but by our energy saving actions. And remember, as an eco ad campaign once warned, the chief executive can be recycled too!