

## CELEBRATIONS ENVIRONMENT

In our series on CELEBRATIONS after sharing the material related to the topic, we have a list of questions that we think you may find useful and practical to aid you on your Journey to WHOLENESS.

Find a quiet moment when you can go through these and write down your responses so you can review any thoughts you have that could lead to positive decisions for CELEBRATIONS.

### LIFE APPLICATION QUESTIONS

Please focus on some life application questions regarding ENVIRONMENT. Also review them carefully so that you have time to consider the questions and then to apply what you are learning to your life. Please write your responses down for future reference.

Even though I sometimes feel as though one person cannot do much to stop deforestation and industrial pollution, besides financially supporting some protest groups...

- ❖ What choices can I make, such as the ways I use energy and plastics, that will contribute even in a small way to protecting the environment?

Shawn has a “green” friend who is highly vocal about environmental issues, but she is sceptical of Shawn’s choice to be a vegetarian.

- ❖ Which advantages of a vegetarian diet could Shawn point out that would meet with her friend’s approval as an environmentalist?

Education can often lead to more informed choices about family size population growth and better quality of life and health to all.

- ❖ What can I do to support the efforts of groups that run educational institutions and programmes in countries where poverty drastically reduces the quality of life for many families?
- ❖ Have I experienced any of the Seasonal Affective Disorder (SAD) symptoms, such as depression and irritability in the winter months, or when spending time indoors?
- ❖ How can I change my programme in order to spend a carefully regulated amount of time in the sunshine?
- ❖ Are there children in my community or family that need encouragement to spend time outdoors, or who need caution to limit their exposure to too much sunshine?
- ❖ Which pollutants is my body being exposed to?
- ❖ Which of these can I limit or eliminate altogether?
- ❖ Are some of my choices exposing me to chemicals or substances that might give me passing gratification but have harmful effects in the long-term?
- ❖ How am I contributing emotionally and spiritually to the following environments: home, work, school, church, community?
- ❖ What type of contribution am I making?
- ❖ Is it causing pollution or peace, strife or sanctuary?
- ❖ What choices can I make, and where can I receive the help I need to stick to my decision to improve and protect my environment?