

1. HAVE A CUP OF COFFEE WITH YOUR NEIGHBOUR
2. WALK DON'T DRIVE - WHEN POSSIBLE
3. **SMILE AND SMILE BACK**
4. READ A STORY WITH A CHILD
5. RECYCLE YOUR COMPUTER
6. COLLECT YOUR CHANGE FOR CHARITY
7. SPEND TIME WITH SOMEONE FROM A DIFFERENT GENERATION
8. ORGANISE A STREET PARTY
9. TAKE TIME TO LISTEN
10. LEARN SIMPLE GREETINGS IN OTHER LANGUAGES
11. PICK UP OTHERS' LITTER
12. EAT MORE MEALS TOGETHER AS A FAMILY (OR WITH FRIENDS)
13. GIVE UP FREE TIME TO HELP SOMEONE ELSE
14. BAKE A CAKE WITH A CHILD
15. **ACKNOWLEDGE HOMELESS PEOPLE**
16. MAKE COFFEE FOR SOMEONE BUSIER THAN YOU
17. GET FITTER, FEEL BETTER
18. CREATE A MEAL A WEEK OUT OF LEFTOVERS
19. TALK TO OLDER PEOPLE, THEY KNOW THINGS YOU DON'T
20. **ACKNOWLEDGE A JOB WELL DONE**
21. BE LED BY YOUR VALUES, RATHER THAN IMPULSE
22. CARRY A MEAL VOUCHER TO GIVE TO A HOMELESS PERSON
23. TURN THE LIGHTS OFF WHEN YOU LEAVE A ROOM
24. PRINT ON BOTH SIDES OF THE PAPER
25. LEARN BASIC FIRST AID
26. ADOPT A GRANNY
27. SHOP WISELY - COMPARE PRICES
28. GET OFF THE BUS ONE STOP EARLIER AND WALK
29. **THINK ABOUT FOSTERING A CHILD - CALL LIFEWISE FAMILY SERVICES (09 818 6834)**
30. TAKE SHORTER SHOWERS
31. GROW VEGGIES FOR YOURSELF AND FRIENDS
32. USE YOUR LOCAL LIBRARY
33. GIVE BLOOD
34. SWAP TO ENERGY EFFICIENT LIGHT BULBS
35. RECYCLE OLD PRESCRIPTION GLASSES
36. ENCOURAGE CHILDREN TO SAVE SOME OF THEIR POCKET MONEY
37. REDUCE WASTAGE - COOK JUST THE RIGHT AMOUNT OF FOOD
38. START A SCHOOL WALKING BUS
39. BAN THE TV FOR ONE DAY A WEEK
40. COLLECT RAINWATER FOR THE GARDEN - INSTALL A WATER BARREL
41. **APPRECIATE THE DIFFERENCES IN PEOPLE**
42. COMPOST VEGGIE AND GARDEN WASTE
43. DECLUTTER YOUR HOME AND FIND NEW USERS FOR UNWANTED ITEMS
44. RE-USE THE ENVELOPES YOU RECEIVE
45. PLANT FRUIT TREES
46. SEND AN OCCASIONAL LETTER INSTEAD OF EMAILS
47. GET THE KIDS MAKING CHRISTMAS CARDS
48. TURN APPLIANCES OFF AT THE WALL
49. **DON'T BE AFRAID TO FAIL - IT'S OFTEN THE ONLY WAY TO LEARN**
50. THINK GREEN WHEN BUYING WHITEGOODS
51. CAR POOL TO WORK
52. WRITE A SHOPPING LIST TO AVOID IMPULSE BUYS
53. ENCOURAGE CHILDREN TO GIVE AWAY SOME OF THEIR POCKET MONEY
54. REDUCE WASTAGE - KEEP A TRACK OF FOOD USE BY DATES
55. **PASS ON INSPIRATIONAL MESSAGES**
56. BAKE SOMETHING FOR A FRIEND
57. SUPPORT LOCAL BUSINESSES
58. DO SOMETHING FOR NOTHING
59. GET ACTIVE WITH YOUR KIDS
60. CHALLENGE YOUR OFFICE/WORK TO THINK GREEN
61. SMILE WHEN YOU ANSWER THE PHONE
62. RECYCLE YOUR OLD MOBILE PHONE
63. SHARE YOUR LUNCH WITH SOMEONE
64. **READ UP ON A SOCIAL ISSUE AND TELL OTHERS**
65. CHECK SMOKE DETECTORS REGULARLY
66. PASS ON KIDS' CLOTHES
67. DON'T JUDGE SOMEONE BY THE JOB THEY DO
68. THINK TWICE BEFORE PRINTING OUT EMAILS
69. GROW FLOWERS & GIVE THEM AWAY
70. SAVE MONEY - BULK BUY FOOD WITH FRIENDS / NEIGHBOURS
71. EXPLORE THE GREAT OUTDOORS - IT'S FREE
72. PLAN MEALS AND BUY ONLY WHAT YOU NEED
73. **PRACTICE RANDOM ACTS OF KINDNESS**
74. INVITE NEW NEIGHBOURS AROUND FOR A BARBECUE
75. WATER YOUR GARDEN IN THE EVENINGS ONLY
76. ACKNOWLEDGE THOUGHTFUL DRIVERS
77. START A BABYSITTING CLUB
78. **SHOP AND GARDEN FOR A HOUSEBOUND NEIGHBOUR**
79. SAY NO TO PLASTIC BAGS
80. EXPLORE YOUR LOCALITY - HUNT OUT BARGAINS
81. CHALLENGING CHILDREN? SIGN UP FOR A PARENTING COURSE WITH LIFEWISE FAMILY SERVICES
82. TREAT YOUR COLLEAGUES TO HOME BAKING
83. SURF THE WEB FOR MORE USEFUL IDEAS
84. TAKE AN EVENING CLASS - IT'S GOOD TO LEARN AT ANY AGE
85. HUG YOUR KIDS
86. MAKE CONTACT WITH A LONG LOST FRIEND
87. LEARN A MUSICAL INSTRUMENT
88. DON'T DISCARD - REPAIR INSTEAD
89. **USE YOUR WILL TO GOOD EFFECT**
90. BUY FAIRLY TRADED PRODUCE
91. TRY A JOB SWAP - YOU MAY SEE THINGS DIFFERENTLY
92. REMEMBER PEOPLE'S NAMES - IT SHOWS YOU CARE
93. SAY THANKS
94. CALL SOMEONE TO FIND OUT HOW THEY ARE
95. PRACTICE MOBILE MANNERS
96. REDUCE, REUSE, RECYCLE
97. USE IT OR LOSE IT
98. DON'T WORRY ABOUT THINGS YOU CANNOT CHANGE
99. ACCEPT CHANGE - BE FLEXIBLE
100. SHARE THESE IDEAS
101. **"NEVER DOUBT THAT A SMALL GROUP OF THOUGHTFUL COMMITTED CITIZENS CAN CHANGE THE WORLD; INDEED IT'S THE ONLY THING THAT EVER DOES"**

101 WAYS TO LIVE WISELY

SMALL ACTIONS CAN MAKE A BIG DIFFERENCE - A LIST OF EVERYDAY ACTIONS WHICH CAN HELP OUR WORLD.

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Margaret Mead, Anthropologist.