

Take the Island Challenge!



14 Habits of Interesting, Healthy, Joyful, Environmentally Responsible People

1. **Simplify.** Have less “stuff.”
(eg. clothes, music, toys)
2. **Spend more time outside. Go wild.**
(Go TV/PC/MP3/DVD free... more!)
3. **Slow down.** Talk less, listen more.
(Find silence, stillness and solitude in your day)
4. **Walk more. Move self-propelled.**
(eg. bike, skateboard, canoe, kayak, rollerblade, snowshoe)
5. **Be active everyday**
(eg. run, jump, climb, crawl, hop, skip, swim)
6. **Share more, buy less**
(Do we need one of everything?)
7. **Be food waste free**
(It's the right thing to do in a hungry world)
8. **Eat less processed food, chew more**
(More organic food and local produce)
9. **Eat less meat**
(Protein from vegetable sources?)
10. **Steer clear of toxics**
(eg. use nature friendly cleaners, school supplies)
11. **Use less energy, less water**
(Conserve that which is expensive to provide)
12. **Produce less garbage**
(Are you food waste free? composting? buying less?)
13. **Get involved in your community**
(Less ME, more WE – support your local economy)
14. **Be thankful**
(Enjoy and be grateful for what you have. Celebrate more!)

Note: Active engagement of **less than 8** of these habits may lead to the creation of an ECO Zombie who can pose a serious threat to all planets with a biosphere.

“You don't think your way to a new way of living – you live your way to a new way of thinking.” David Schnarch

The habits outlined at left characterize the island lifestyle at Sea to Sky.

Collectively they can significantly shrink your ecological footprint — the new imperative of the 21st century. You will have the opportunity to practice these 14 habits for 3 or 4 days before returning home. The Island Challenge is to continue these habits when you're not on the Island! Make the effort every day to exercise and thereby strengthen these habits around home and school. No doubt some of these are easier to do in a Sea to Sky island setting but all of them can be practiced anywhere. **Go forth and be the difference!**

GOLD CLUB membership:

Active practice of all 14 habits

SILVER CLUB membership:

Active practice of 11-13 habits

BRONZE CLUB membership:

Active practice of 8 – 10 habits

