

## Annual Lifestyle Audit

Being a silver Eco Church, we believe we should encourage our congregation to undertake an annual lifestyle audit. This will enable us all to review our personal approach to creation care. We hope you will participate in this as part of our life together at St Mary's.

- |   |     |    |                                    |
|---|-----|----|------------------------------------|
| 1. I believe that following Jesus Christ should include caring for the environment                          | Yes | No |                                    |
| 2. I walk or cycle to church services   | Yes | No | Sometimes                          |
| 3. I try to reduce my car use whenever possible   | Yes | No | Sometimes                          |
| 4. I have completed a personal carbon footprint in the last year  | Yes | No | No, but I would like help to do so |
| 5. I limit my waste by adhering to the principles of "reduce, re-use, repair, recycle"                      | Yes | No | Sometimes                          |
| 6. I try and purchase Fairtrade goods whenever possible   | Yes | No | Sometimes                          |
| 7. My home electricity is renewable   | Yes | No | Don't know                         |
| 8. I have reviewed and made changes to my diet to be healthier and more sustainable (e.g. less meat)        | Yes | No |                                    |
| 9. I seek to purchase ethically where possible (e.g. check source of products, bulk buy for less packaging) | Yes | No | Sometimes                          |
| 10. I use the LOAF principle (Locally grown, Organic, Animal-friendly, Fairtrade) when buying food          | Yes | No | Sometimes                          |
| 11. I consider where I put my money by using ethical banking, savings account and/or ethical investments    | Yes | No | Sometimes                          |
| 12. I participate in other community activity with an eco agenda (e.g. litter picks, member of a group)     | Yes | No |                                    |
| 13. I try to always use peat-free compost in my garden  | Yes | No | Not applicable                     |

**Tell us any plans or aspirations you have to make positive changes in your lifestyle to benefit creation care:**

**Which St Mary's Church activities and resources have helped you or inspired you to live a more environmentally friendly lifestyle? (choose any many as you wish)**

- |   |     |    |           |
|---|-----|----|-----------|
| • Sermons   | Yes | No | Sometimes |
| • Reading "Green Shoots"                            | Yes | No | Sometimes |
| • Creation Care section on the Church website       | Yes | No | Sometimes |
| • Monthly Wildlife walks (Sunday afternoons)        | Yes | No | Sometimes |
| • Repair and Re-use sessions                        | Yes | No | Sometimes |
| • Joining in the monthly Churchyard working parties | Yes | No | Sometimes |

**Please us tell us about any other resources you have found helpful in living an environmentally friendly lifestyle:**

**Please tell us about anything you have learned during the past year that inspires you to care for creation:**

**Please let us have any comments or questions:**

**When completed, please "post" this sheet in the "Survey Box" (near the main church exit door).**

**If you have not time to complete it now, feel free to take it home and return it next week.**

**If you want to keep a copy, please take and fill in an extra blank form – they'll be by the Survey Box.**

***Thank you from the St Mary's Creation Care Team***