



# No Impact Project

## ABOUT

The No Impact Project is an international, environmental nonprofit founded in the spring of 2009. The Project was inspired by the No Impact Man book, film, and blog.

### Mission

To empower citizens to make choices which better their lives and lower their environmental impact through lifestyle change, community action, and participation in environmental politics.

The No Impact Project was conceived by Colin Beavan (aka No Impact Man) following the success of his blog, book, and film, which chronicle his family's year-long experiment living a zero-waste lifestyle in New York City. Central to his thesis is the notion that individual lifestyle change leads to both cultural change and political engagement. Living low-impact provides a clear entry point into the environmental movement. This thesis is the bedrock of the No Impact Project.

### Goals

- Promote positive lifestyle changes
- Enable the public to experience their own University No Impact Experiment
- Engage people across a spectrum of beliefs and ideas around environmental issues

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Please note: The No Impact Week concept and materials are property of the No Impact Project. Although many of the No Impact Week resources are online for the benefit of individuals who want to undertake No Impact Weeks on their own, it is not our intention that institutions use the No Impact Week materials without the involvement and guidance of the No Impact Project. Contact [Lilly@noimpactproject.org](mailto:Lilly@noimpactproject.org) to inquire about the use of the No Impact Week and materials.

# TABLE OF CONTENTS

<b>Contributors</b>	3
<b>A Note from Colin Beavan</b>	4
<b>About This Guide</b>	5
Program Design	6
Some Tips for Facilitators	6
Nuts and Bolts	7
<b>Workshop 1: Consumption</b>	9
<b>Workshop 2: Trash</b>	12
<b>Workshop 3: Food</b>	16
<b>Workshop 4: Water</b>	18
<b>Workshop 5: Give Back Challenge</b>	20
<b>Workshop 6: Eco-Sabbath</b>	21

# CONTRIBUTORS

**Colin Beavan** is a former communications consultant for nonprofits turned writer, blogger, and activist. In 2006, his No Impact Man experiment exploded into the media after being featured in the *New York Times*, and he has since come to be considered one of the spokespeople for the environmental movement. He writes and administers the provocative environmental blog [noimpactman.typepad.com](http://noimpactman.typepad.com), which has become a meeting point for discussion of environmental issues from a “deep green” perspective. He is an advisor to NYU’s Sustainability Task Force, board member of Transportation Alternatives and advisor to Just Food. He was named one of MSN’s Ten Most Influential Men of 2007, one of *Elle Magazine*’s 2008 Eco-Illuminators, and his blog was named one of the world’s top 15 environmental websites by *Time Magazine*.

**Stephanie Bleyer** has crisscrossed the globe over the last ten years working for a wide variety of nonprofit organizations and media outlets. In 2001, Stephanie moved to Kenya for two years to work in a performing arts school for street boys as well as for the International Organization for Migration (IOM). After the 2004 tsunami, she spent a year in Sri Lanka managing camps for the internally displaced and received grants from UNICEF, USAID and others to start a nonprofit organization creating arts programs for war- and tsunami- affected women and children. Her participation in the environmental movement has taken many forms. As a teenage journalist, Stephanie received the National Ernest Hemingway Writing Award for uncovering her city’s bogus recycling program. Since then she has studied organic farming in Italy, bicycled across Cuba on a grant to study sustainable energy, created a documentary for Oxygen about her bicycle trip from Seattle to Washington D.C., managed a silent-auction fundraiser for the National Tribal Environmental Council, produced a 35-city bus tour for the *Eat Well Guide* to advocate for local family farmers and sustainable agriculture and, most recently, produced the opening of Mercy Corps’ Action Center to End World Hunger. Stephanie holds a Masters of Public Administration from NYU’s Wagner School of Public Service.

**Leah Mayor**, Ph.D. is co-designer and facilitator of the No Impact Workshop. She specializes in leadership and team development through project-based learning. She has designed and facilitated programs on sustainability with a wide variety of audiences including corporate clients, academic audiences, and school and community leaders. She received her doctorate from Cornell University in Adult Education and Anthropology focusing on transformative learning theory and has worked extensively nationally and internationally including work in Nepal, Tibet, Mongolia, and Indonesia. Leah currently runs a national educational leadership training on sustainability. She is passionate about the role of teaching and learning in social change.

# A NOTE FROM COLIN BEAVAN

Dear No Impact Week Facilitator:

Thank you! That's the first and most important thing to say. Not only are you taking charge of finding solutions to our pressing environmental and quality of life crises, but by leading this workshop, you are enabling other people to get involved, too. You're making ripples. You're making a difference. Thank you from me and from the whole world!

When I first embarked on the No Impact year in 2006, my hope was to create a story that engaged people on a personal level in what might seem like the far-away problems of our planet. I wanted to find a way to connect our personal lives to large planetary issues in ways people understood and embraced. I also wanted to let people know that all of us can make a difference.

The project succeeded beyond my wildest dreams. Literally tens of thousands of people emailed me, asking how they could change their lives and help find solutions to our societal problems. The No Impact Week arises from these many requests. The Week is about enabling people to discover for themselves how living environmentally can represent — not deprivation — but real benefits to our quality of life.

Just as importantly, the Week is about getting people to move beyond just feeling concerned to acting concerned. So many people feel that they are powerless. In part, No Impact Week is about forming a supportive community where like-minded people can experiment together and discover that we do have the power to make a difference.

It is for that reason that your job as facilitator is not about teaching the group. It is not about trying to convince the group of your or my opinions about the environment and what needs to be done. Instead, your job is to empower participants to learn how to figure things out for themselves. If you stick to this role, your impact will be much greater.

By the time you're done with your week, a group of people will have examined their lives, have identified their common concerns, and — on the giving back day — will have actually taken actions together around these concerns. For many, it will be their first step towards helping to take charge of the world we live in. That's something amazing you will have accomplished.

Congratulations in advance! And thanks again! We'd love to hear how it goes. Videos, photos, emails, blog posts would all be wonderful.

With love and blessings,  
Colin

# ABOUT THIS GUIDE<sup>1</sup>

*“My wife Michelle and I decided, before jumping in the deep end of this year-long project, to try no impact living as an experiment for a week. No garbage. No greenhouse gases. No toxins. No water pollution. No air pollution. No electricity. No produce shipped from distance lands. No Impact . . . We got the glimpse of a life with entirely different rhythm. We began to think that . . . the no impact experiment might actually make us happier.”*

– Colin Beavan

In 2009, the No Impact Project [launched the No Impact Experiment online](#) with the Huffington Post. More than 5,000 users engaged in the No Impact Experiment and reported that by challenging themselves to live environmentally they could actually improve the quality of their lives. Through the success of our online experiment, it became clear that we could make an even bigger step toward no impact living if we could bring people together to share their experiences. The No Impact Workshop began as an intentionally experimental endeavor that would engage people to work together, to support each other, to learn, and to share as they built a community of practice around how to live in alignment with our own personal values and with the environment in mind. As you convene groups and get ready to lead this week-long No Impact Experiment, we recommend that you read this guide thoroughly. Then, get ready for the challenge of no impact living.

The focus of this guide is to help you to lead a No Impact Experiment with members in your community. As a leader, you will share your experiences, meet new like-minded people, and collectively consider how you can make a difference in your own life and in your community. This guide is designed to accompany our online No Impact Experiment by facilitating dialogue and reflection. It is a tool to promote behavior changes and engage people who want to contribute more fully to environmental change.

Like the online version of the training, think of this week as a personal training week. You will lead your group as they stop consuming new products, stop making trash, switch to non-carbon-producing transportation, and eat locally. As you progress through each day, this guide will also provide you with the resources to facilitate exercises, dialogue, and insights so that you can confidently create shared learning around no impact living. Get ready!

In our pilot workshops with various groups in New York City, we found that coming together as a community helps to combat the sense of going at this work alone. Our intention for this week is to provide an opportunity for individuals to consciously change their habits so that

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1. The No Impact Experiment Training Guide is made possible with the generous funding provided by the Wallace Foundation and the Eastman Fund.

they can more fully live the kind of lives that they want. In addition to taking things away (trash, consumption, etc.), we also ask that groups commit to making a meaningful contribution, connect with core values, and connect with each other. Ultimately, we ask groups to contemplate what is most meaningful to them and to consider the actions they can take to live in a way that aligns with these values. By bringing together groups of people, we can build a community of like-minded people committed to living more sustainable, happier lives, being more connected to each other, and creating alternatives together. Get ready to find this out for yourself . . .

## PROGRAM DESIGN

These workshops were designed to accompany a sequential eight day program focused on how to live lower-impact lives. This guide outlines six scheduled sessions that will inspire community building and collaboration. While it may be the easiest to schedule your days to work within the frame of this guide (corresponding to Sunday, Monday, Wednesday, Friday, Saturday and Sunday of the online guide) you may discover that it is easier for your group to meet on different days of the week due to commitments and scheduling. It is more important that you work with the needs of your group than to follow our schedule, so feel free to make changes as you see fit. You can really meet whichever days work best for you and your group, as long as you connect this program with the No Impact Experiment and work to inspire reflection, learning, and leadership from your group.

It is ideal for participants to commit to each of the sessions. We do, however, understand that there are other demands on participants' time and there may be very good reasons why participants can only attend a few sessions of the No Impact Workshop. Therefore, each day-long workshop can also be approached as a discrete, stand-alone session. So feel free to welcome those who can only attend a few sessions. As you move through each day, participants will also plan and get ready for a final "Give Back Challenge." You will want to make sure that new participants are aware of this as they come into the group.

## SOME TIPS FOR FACILITATORS

We agree with Bill George's statement that we all have the capacity to inspire and empower others. We also believe that leadership and facilitation require authentic and flexible participation with groups of people who are seeking a shared vision. We don't, however, think that it is important to provide a full overview of how to be a great facilitator. Instead, here are a few good rules of thumb in order to make you more comfortable with facilitating groups (especially if you are new to it). As a general rule, it is important to note that the role of a facilitator is to create a learning environment: a space that allows for lively and generative discussion, deepens understanding, and guides connections. It is not the job of the facilitator to push views or an agenda onto the group.

## Tips for Facilitators

- Be prepared
- Know what your objectives are for each day
- Engage in deep listening
- Hear ideas, don't push an agenda
- Focus on moving the conversation forward
- Be succinct
- Memorize key ideas and prompts ahead of time so that you can stay focused in your program
- Be very respectful of every participant
- Acknowledge differing perspectives and encourage participants to do the same
- Be authentic: bring your whole self to the table and encourage participants to do the same
- Individualize the group by giving personal attention
- If there are participants who you feel are not participating fully, address this issue
- Speak with the participants and get clear on what's holding them back
- Tell jokes, make it light
- Use a variety of modalities and teaching tools
- Encourage participants to take responsibility for their own learning

## NUTS AND BOLTS

### Group Size

From our experience, the ideal group size is 12–15 people: enough to have a lively discussion but still foster relationships and one-on-one interactions. That said, you do not need to worry too much about the size of the group. If you have a really large group, we suggest that you split them up into smaller groups and find other facilitators to help you to work with the group. So if you have groups of 50 or 60 people, make sure you consider how to foster one-on-one connections and create an attentive atmosphere. Get others involved as leaders to help you.

### Time Keeping

Timekeeping and staying on track is one of the many aspects of running a workshop that you will want to keep in mind. We feel strongly that it is important to be respectful of the time commitments that people are making to the group and not go over the times that you set. Keeping time is about having enough time to really delve into topics that elicit deep conversation and making sure there is enough time to hit the topic areas and exercises you want to cover. Consider in advance how much time you will need to fully cover each exercise. We have provided our best time estimates to help you do this. Sometimes it can be helpful to ask for some help in keeping time as well.

## Opening and Closing

It is a good idea to set aside a few minutes to make sure that you introduce the daily schedule at the beginning of each session and have a wrap-up at the end. Make sure that you leave time to answer questions and clarify any outstanding “housekeeping” concerns, including logistical information and anything that participants need to bring or prepare to participate fully. It may also be useful to do a “round robin” at the end of each session: go around the room and have each participant answer a question, such as “What has been the hardest/easiest part of this project so far?” This allows everyone an equal chance to speak.

## Materials

- Recycled flip chart paper
- Cardboard boxes or reused surface that participants can write on
- Markers
- Notebook paper
- Journals for participant reflections

# WORKSHOP 1: CONSUMPTION

## Agenda

<b>Program Introduction</b>	30 minutes
<b>17 Hours and 33 Minutes</b>	25 minutes
<b>Commitments</b>	30 minutes
<b>Closing</b>	5 minutes
<b>Total Time:</b>	90 minutes

## Welcome

Before you begin the program, take a moment to welcome every participant and allow them to introduce themselves to each other. This helps to establish the tone that they are the center of this workshop. We like to do the introductions in three passes and have participants go around the circle and tell us something about themselves at each pass, including:

- Participant name and where they are from
- Participant goals for this workshop
- A personal story about why sustainability matters to them

Depending on the size of the group, introductions will take about 20 minutes.

## Program Introduction

Once you have had the opportunity to introduce everyone in the room, you can introduce and set up the No Impact Workshop. We assume that all of your participants are familiar with the Week and what will be required of them. However, we still feel it is a good idea to walk them through the “what,” “when,” and “why” of the program.

One way to start off the introduction is to make reference to Colin Beavan (aka No Impact Man) and his family’s decision to jump feet-first into the No Impact Project. You can read a passage from the book, such as the quote below, and ask for reflections from participants about whether they think that living more sustainably can lead to living happier lives.

### Read:

*“My wife Michelle and I decided before jumping in at the deep end of this year-long project to try no impact living as an experiment for a week. No garbage. No greenhouse gases. No toxins. No water pollution. No air pollutions. No electricity. No produce shipped from distant lands. Or so we hoped . . . In that one week, we discovered that, without transportation to rush us around and junk-food media to steal our time, there is a different calmer life to be had right here in Manhattan . . . We developed a consciousness of our actions that felt suspiciously akin to living in the moment that the Dalai Lama keeps coming to New York to tell us about.*”

*We got the glimpse of a life with an entirely different rhythm. We began to think that, by depriving us of our Madison Avenue addictions, the no impact experiment might actually make us happier. It was only a seven day experiment, but it convinced us that living no impact can be done, it can be done pleasantly, and that we could conceivably end up happier . . ."*

**Ask:** Do you think that by living more sustainably we can live happier lives? Allow ten minutes for participants to share thoughts, hopes, and even skepticism. Again, the facilitator's job is not to react to participant comments but rather to open the floor to engaging dialogue around sustainability.

### Logistics

Once you have established who is in the room and why you are there, make sure that participants have all the necessary logistical information. They should know where they are meeting and the timing of each session, as well as a general overview of what each session will cover. You will also want to remind them that this workshop is connected to the No Impact Experiment and that they should read through the requirements of the program online.

### 17 Hours and 33 Minutes

**Objective:** To have participants consider what it is they truly value.

**Ask:** As busy people, we all feel constraints on our time. What would you do, right now, if you had 17 hours and 33 minutes of free time?

Split participants into partner groups (two to three people for this exercise). Give them five minutes per person to discuss how they would spend these extra hours and minutes. After ten minutes have elapsed, ask participants to share their ideas with the whole group. Record their ideas on a flip chart so that you have a list of the ideas that the group has brainstormed.

**Debrief:** 17 Hours and 33 Minutes

*"If one advances confidently in the direction of his dreams, and endeavors to live the life which he has imagined, he will meet with success unexpected in common hours."*

**– Henry David Thoreau**

*"We steer where we are looking."*

**– David Mamet**

**Say:** 17 hours and 33 minutes was recorded as the amount of time, over the course of a year, that people spend shopping for what a GE money poll deemed "mundane items." These mundane items included things like deodorant, disposable razors, shaving creams, and shower gel. Over a lifetime this really adds up. Yet, when we consciously choose what we would do

with this time, we tend to focus on the things that we really value, like spending time with friends and family, creating, connecting with the natural world, and contributing to our communities. This is a good starting point for rethinking our consumption habits.

This week, we want to use our time to connect to what we value the most (the things that we have listed here) and define for ourselves the way we wish to live. This eight-day experiment is partly about making a difference to the planet, but even more importantly, it is also about making a difference in our own lives. In the past, we've noticed that no one ever says they would rather spend their 17 hours and 33 minutes shopping.

## Commitments

Before ending the first day, it is important to check in with participants and have them share their commitments for the week. We provide about 30 minutes for this exercise. It's a great idea to have examples of what these commitments look like. For example, a commitment regarding transportation may be: "Instead of taking an elevator, I will take the stairs to my office, even though it is on the 12th floor."

**Set-up:** Have participants break into groups of two or three and explore what their commitments are to each phase of the program that you will cover between now and your next meeting.

**Ask:** "What are our commitments to each phase of the program including consumption, trash, and transportation?"

Allow groups five minutes per person to talk about their commitments. Then give each group an opportunity to share with everyone else. You will continue to revisit these commitments throughout the week, so make sure that you provide participants with time to reflect on what they are committing to and what they would like to get out of that commitment.

## Closing

Allow for Q and A and inform participants that at the end of the week they will be participating in the "Give Back Challenge." Let participants know that they will be given time during the week to think about what they want to contribute, but that they may want to start thinking ahead.

## Homework

Get ready for tomorrow's No Trash exercise. Today (assuming it's consumption day) the guide instructed you to put an empty re-usable bag in a private place at home and fill it up with all of your trash, recycles and food waste. Please plan on bringing in this bag tomorrow.

# WORKSHOP 2: TRASH

## Agenda

Welcome and Introductions	5 minutes
Reflections	10 minutes
Trash Exercise and Life Rafts	25 minutes
Initial Brainstorm for Give Back Challenge	25 minutes
Commitments	15 minutes
Gratitude Journals	10 minutes
<b>Total Time:</b>	<b>90 minutes</b>

## Welcome and Introductions

Start your meeting by welcoming participants back to the group. Review introductions in case of newcomers. Walk participants through the day's agenda.

## Reflection

**Set-up:** Have participants break into groups of two or three, and allow each person five minutes to answer the reflection questions below.

**Say:** We're going to start the day by exploring your first two days of making no impact, and talk about the realizations that you're having by participating in this experiment.

**Ask:** During your first two days of no impact:

- What did you feel deprived of?
- What have you learned or gained?

Have small groups share with the larger group.

## Trash Exercise and Life Rafts

Empty your special trash bag from yesterday. Separate the items into two piles: stuff that you used for more than ten minutes and stuff that you used for less than ten minutes.

**Ask:**

- Why is it so hard not to consume? Or make trash?
- What makes changing our lifestyle so hard?

For most groups, this conversation leads to a very interesting dialogue about our culture of convenience and waste.

Now that you have opened up a discussion about these cultural issues and some of the obstacles we come up against when we try to change that lifestyle, consider how we may begin to help each other make new choices and create a new culture that supports environmental living. We think of this as the “Life Rafts Group Brainstorm.”

**Ask:**

- What life rafts can we provide for ourselves and each other to make an environmentally-friendly lifestyle more possible?
- What kinds of systems can we design for ourselves?
- How can we utilize this group to keep us on track for this week and beyond?

**Give Back Challenge** (see facilitator’s notes on following page)

**Objective:** Build community and provide opportunities for the group to take actions that align with their values.

**Say:** At the end of the week (usually on Saturday) we will all participate in our *Give Back Challenge*. In order to do this, we want to give you each some time to brainstorm about what you want to accomplish and how. The goal of this first brainstorm is just to get started on a few good ideas, and to consider what you need to have in place early on in order to make this challenge successful.

**Ask:** What do you want to accomplish at the end of the Give Back Challenge; what do you want to achieve together?

**Give Back Challenge Brainstorming Session**

**Brainstorm Round 1:** Split the group into two or three small groups and ask that they brainstorm ideas for the Give Back Challenge.

**Ask:** Participant groups to share their ideas with the whole group.

**Brainstorm Round 2:** Shuffle participant groups so that you have two or three new groups. Now, ask small groups to choose one idea to present to the whole group as the focus of their Give Back Challenge.

Have small groups share this idea. You will end this session with two or three great ideas of how the group wants to focus their Give Back Challenge. Then, allow some time for participants to choose which idea they want to focus on as a large group.

Before you close, make sure that participants have an opportunity to swap phone numbers, know where they are meeting next, and are confident about what they want to accomplish from the day.

## Facilitator's Notes

### Notes on Introducing the Give Back Challenge:

The Give Back Challenge is a unique opportunity to have participants create a shared vision, generate a plan, and follow it through to completion. It is an incredible way to build community and leadership. As a facilitator, you can ensure a successful challenge by focusing on the group's learning, rather than the outcomes or success of the challenge. While it is wonderful when the Give Back Challenge makes a genuine positive impact on a community, we see the main outcome of the challenge as a way to:

- Build community and team membership
- Generate a shared vision with a plan and then take action
- Build a sense of efficacy and empowerment
- Allow for "small wins" that will lead to bigger successes as the group works together and as individuals become more engaged with their community
- Give participants an opportunity to act on what they believe

It is helpful to allow participants ample time to think about their Give Back Challenge. Start by introducing the parameters and logistics of the Challenge as well as what you hope they will gain from this experience.

Some examples of previous Give Back Challenges include:

- A participant-driven "Carrot Mob" to sell out New York City's Union Square Farmer's Market
- Asking shopkeepers to stop providing plastic bags to their customers
- Volunteering as a group for a local conservation project

**A Note on Brainstorming:** Brainstorming is a way to generate and build on ideas. We like to think of brainstorming as a process where the word "no" is not allowed. This is a time to put out your most wacky and outrageous ideas. Brainstorming is not the time to choose between ideas; there will be plenty of time to make decisions at the end of round two.

We also like to take ourselves, as facilitators, out of the brainstorming process. This allows participants to lead and take ownership of the Challenge. While we remain steadfast as resources for conversation and ideas, it is not the role of the facilitator to give advice or choose for participants how they should focus the Give Back Challenge.

If participants need help in thinking concretely about their challenge, invite them to provide details about what they want to get out of the experience. Then ask them to think about the best way to create an experience that allows them to reach these goals.

A note on decision making: In our work conducting brainstorming sessions, we have learned that usually you do not need to frame this as a vote. In the spirit of learning and collabora-

tion, groups will often come together naturally and incorporate their ideas into one Give Back Challenge.

It is important that participants come out of this session knowing what their focus is, where they want to “stage” it, and that they have time to pull together the materials that they need to be successful. We find that it can be very effective to continue to ask them what they want to get out of this experience, how they can achieve that outcome, and what they will need in order to be successful. Consider asking: Are there ways that your ideas work together to add value to this project?

You can always fall back on a vote if the group allows for this and you need to push an idea forward. However, do make sure that you give groups some time to think about how they might collaborate to build a bigger shared vision.

In the end, remember that the focus is on the learning of the group, not the perceived success or contribution of the project.

### Gratitude Journals

**Say:** Gratitude Journals are a way of enhancing the positive in our life. Touted by Positive Psychology, gratitude journals work because they remind us to focus on what is already positive and good in our lives. During yesterday’s session, we discussed the importance of building what we want rather than seeing this as a week of simply taking away. These journals are a great opportunity to focus on those things that give us joy. Gratitude Journals relate to sustainability because they contribute to our sense of wellbeing, health, and wellness.

**Ask:** Participants to write down the six things they are most grateful for.

Provide about ten minutes for participants to reflect on this question on their own. Then give them five minutes to share their answers.

### Homework

We like to set up gratitude journals as a practice that participants can continue during their No Impact Week, beyond.

# WORKSHOP 3: FOOD

## Agenda

<b>Welcome and Introductions</b>	5 minutes
<b>Reflections</b>	15 minutes
<b>Commitments</b>	20 minutes
<b>Give Back Challenge</b>	40 minutes
<b>Welfare of Others</b>	10 minutes
<b>Total Time</b>	90 minutes

## Welcome and Introductions

Start by welcoming participants and review introductions in case of newcomers. Walk through the agenda.

## Reflection

**Set-up:** Have participants break into groups of two or three and provide five minutes for each person to reflect on the questions below.

**Say:** We're going to start the day by exploring your first two days of making no impact so that we can learn about the realizations that you're having by participating in this experiment.

**Ask:** During your first three days of no impact:

- What did you feel deprived of?
- What have you learned or gained?

Have small groups share with the larger group.

## Commitments

It is important to check back in with participants about their commitments. We provide about thirty minutes in this session to check back in with participants about how they are doing with their commitments and what commitments they want to make for the rest of the week.

**Set-up:** Break participants into small groups of two or three and explore what their commitments are to each remaining phase of the program.

**Ask:** "What are our commitments to each phase of the program including food, energy, water, and giving back?"

Allow participants five minutes each to talk about their commitments. Then give small groups an opportunity to share with the whole group.

## Give Back Challenge

The rest of this day is devoted to creating an action plan for the Give Back Challenge. We like to give participants a few minutes in the beginning to ask you any questions they have, and to use you as a sounding board, if necessary. Then, as before, remove yourself from the process so that the group can really own the shared experience of the Challenge. As the facilitator, it is your job to help them move forward and create a plan for the idea they chose during the previous workshop. Again, make sure you help participants think through what they really want to achieve from their challenge, and to consider what they need in order to make that vision a reality. Check in with each participant to make sure they know what the challenge is and have a clear sense of their contributing role.

At the end of this session ask: Does everyone know what is expected of him/her for the Give Back Challenge?

## The Welfare of Others

**Set-up:** In groups of two, ask that participants share activities that benefit primarily themselves and secondly another person.

**Say:** According to positive psychologists who study the "Science of Happiness," an orientation towards the welfare of others is often more satisfying than an orientation to one's own welfare. In order to experience this for yourself in the next week, undertake one pleasurable activity for yourself and one philanthropic activity that benefits another person. Spend about the same amount of time on each activity, and at the end of the week, jot down your reactions and feelings as a result of each activity. What kinds of activities might you engage in?

## Homework

- The Welfare of Others Activity
- Gratitude Journal (revisited): We suggest that once you have started the Gratitude Journals that you continue to use them throughout the week. This is a great way to keep the group motivated and energized on what is positive about their experience.
- Continue with the No Impact commitments

# WORKSHOP 4: WATER

## Agenda

<b>Welcome and Introductions</b>	5 minutes
<b>Reflections</b>	20 minutes
<b>Super Hero Activity</b>	35 minutes
<b>Reflections</b>	15 minutes
<b>Give Back Challenge</b>	15 minutes
<b>Total Time</b>	90 minutes

### Welcome and Introductions

Start by welcoming participants and review introductions in case of newcomers. Walk through the agenda.

### Reflections

Have participants write for 5–10 minutes in their journals, or provided recycled paper to answer the question: What do I stand for?

Have participants break into groups of two or three, and allow them about five minutes per person to share their answers

### Super Hero Activity

**Objective:** To explore what we value and stand for

**Say:** When Colin Beavan began the No Impact Project, it was a challenge to live in alignment with his values, and to make an impact. In the face of our environmental crisis, Colin made a choice to live bigger than the problems and start taking solution-oriented actions into his own hands. No Impact Man was born.

A central question for Colin and his family was: *How shall I live?*

Questions like “What do I stand for?” and “How shall I live?” help us to lay the ground work for our best selves to come to bear. This is a way to tap into our ability to create a super hero identity to remind us of what is most important to us.

For the next thirty minutes you have the opportunity to draw or create your super hero identity. You may find that this identity stems out of your answer to the question: What do I stand for?

**Set-up:** Provide participants with recycled materials (magazines, old t-shirts, paper, markers, anything!) and ask them to draw their super hero identity, create a costume, or depict in some

way what this identity is and what it stands for. At the end of this session participants will share their identity with the group. We think you will be surprised at all the original ideas people come up with. We like to give participants about twenty-five minutes to create their super hero persona and then share it with the group.

### Final Reflection Questions

- How shall we live?
- What are our commitments and accountabilities to the world that we want to create?
- Do you believe in the radical notion that saving the planet can make our lives better?

**Check in** with the group regarding any need to continue planning for the *Give Back Challenge*.

## WORKSHOP 5: GIVE BACK CHALLENGE

Pay it forward. Feel the benefits of service and the connection that you share by doing something together. This day is all about giving back to your community in the way you discussed during the week leading up to this event.

When participants return from their Give Back Challenge, there tends to be a lot of energy and excitement about what they have accomplished. However, the impact of their challenge isn't what we're most interested in here. Rather we want participants to feel the accomplishment of collectively setting an intention into action.

**Set-up:** Most of the set up will already be taken care of by the time that you arrive at the site of your Give Back Challenge. But you will want to make sure that you have a meeting place at the end of the challenge so that you debrief the events of the day.

### Give Back Challenge Debrief

As a facilitator, you may think that it is your duty to set up discussions with clear goals, objectives, and structures. However, after the Give Back Challenge, participants may need a structure that is less formal. When participants come together after a project, they will want to talk about it, and as they talk about the project, they will hit on the themes that were most meaningful and important. As a facilitator, listen to the conversation for these themes. For example, after one Give Back Challenge that we conducted, participants kept coming back to the idea of living life more experimentally. They kept reminding each other that taking risks and not knowing the outcomes of the actions that they take can actually provide freedom and a sense of openness. Make sure that you hold the space for participants to speak their minds, hear diverse opinions, and look out for insights and observations.

Possible prompts and questions include:

- So, tell me about your experience . . .
- What are you most proud of accomplishing today?
- After today's Give Back Challenge, what are some of the ways that you want to contribute to your community?

Before you close out the day make sure that you thank your group, and congratulate them on taking action and sharing insights. Celebrate a job well done!

### Homework

Prepare a (local) dish for our final day pot-luck.

## WORKSHOP 6: ECO-SABBATH

This week you have taken a break out of habitual consumption and waste-making, unsustainable transportation and change consumption to resource waste. Now is your opportunity to relax and enjoy your week of work:

- **Ecology** – The interrelationship between organisms and their environments
- **Sabbath** – A time of rest
- **Eco-Sabbath** – Together, you and the environment take a break!

This is a day of rest, so there is no particular agenda. You've laid the groundwork for building the foundations of a community throughout the week, so there will be plenty to talk about. Today, just enjoy sharing a meal together. Since the beginning of civilization, people have congregated and shared meals. There is no better way to create an informal environment where people can talk about their week together and share their reflections.

Congratulations and thank you for being a part of our No Impact Experiment!