

# The U.S. Downshifting Manifesto

## *"Slow Down and Green Up"*

U.S. National Downshifting Week July 7-13, 2008

[www.downshiftingweek.com](http://www.downshiftingweek.com)

[www.consciousconsuming.org](http://www.consciousconsuming.org)

**Money** - We are surrounded by the *'Buy Now, Pay Later'* credit culture and have forgotten the value of our true earnings. Curb your debt and prevent future overspending by cutting up a credit card.

**Mantra** - The more money you spend, the longer you need to work to pay for it.

**Remember** - The very best things in life are free.

Cut Up a Credit Card

Date.....

***Re-learn the value of money and live within your means***

**Waste** - Running taps, bulging trash bags, lights left on - you might find yourself going automatically greener as your pace slows down. Composting is an easy one to get started with - coffee grinds, tea bags, veggie and fruit peelings will all turn into 'black gold' potting compost, ideal for your yard or garden use. You'll save money not buying the petrochemical fertilizers sold at the "big box" stores.

**Remember** - Landfill is one stroke away from land full

### Started Composting or Recycling

Date.....

***Love your efforts, love your garden, love the planet –  
compost and recycle!***

**Giving** - An incredible sense of contentment comes when you give something back to your community. Whether it's donating to your local secondhand store, doing a bit of gardening at your CSA, or volunteering at a hospice, you cannot imagine how much light you shine in the lives of those less fortunate.

**Mantra** - Make this your year to volunteer.

**Remember** - Kindness is infectious, give someone else the bug.

### Donated Time or Items to a Worthy Cause

Date.....

***Give something back by volunteering and explore secondhand  
chic***

**Food** - Celebrate the fantastic revival of simple, wholesome dishes. Consider organic, local, and fair trade too. Cooking fresh food is cheaper and can often be quicker than the processed options, with taste and health benefits beyond anything in a box. Enjoy putting your meal together, and enlist the help of the eaters!

**Mantra** –Peel it, chop it, stir it, steam it, love it!

**Remember** - Ditch the fear and indulge the fun and fantasy of simple, home cooking, especially with friends or family!

### Cooked a Simple Meal Using Fresh, Local Ingredients

Date.....

***Get on the mouthwatering road to better food.***

**Community** – Locally owned shops and vibrant markets form the backbone of our communities; they need our support more than ever before. By making one new purchasing decision each week that favors local seasonal produce or independently-owned business, you are helping to breathe new life into these precious resources.

**Remember** - A street without local shops is a street that's lost it's character.

### Purchased Local Produce from a Farmer's Market, Co-op, or CSA

Date.....

***Support the local food markets and independent businesses***

**Enjoy** - Have you ever wanted to unleash your concealed talents? With so many great ways to unwind your mind and simply feel good, it's just a question of giving yourself permission to have a go. Greeting card making, painting, gardening, music; whatever rings your inspirational bell, go ring it!

**Mantra** - There is a life outside of the commute and the office.

**Remember** - How will you ever know what lies within, unless you make the time to scratch the surface?

### Started Something JUST For Me

(details) .....

Date.....

***Indulge your hidden talents and passions - paint, make, bake, create***

***"I hereby pledge to slow my life down a gear for the benefit of my health, my well being, my environment and for those around me whom I dearly love."***

Signed .....

..... Dated