

15. **Eat Organic.** Food that are grown organically have more nutrients and do not contribute as much to the degradation of the environment.
16. **Make conscious buying decisions.** Vote with your wallet. Support companies that engage in ethical practices and are environmentally responsible.
17. **Make friends with someone of a different race or social class.** It's easy in America to live your whole life without ever crossing racial or class boundaries. It's also a sure way to miss the bigger picture. We each have a piece of the puzzle; when you engage diversity, you start to put those pieces together.
18. **Invent something to help.** Have a great idea for something to help with one of the problems facing our world? Build it. Technology is definitely part of the solution.
19. **Spend time in nature.** Get to know and love your world. You'll want to protect it.
20. **Follow your intuition.** Learn to listen to that still, small voice that can guide you on your path. It won't lead you astray if you trust it.
21. **Plan parenthood (or non-parenthood).** Population growth is a major contributor to the world's ecological problems. Make conscious decisions about whether or not you want to have a child.
22. **Meditate/pray/practice yoga.** These practices engage higher aspects of our selves and help us to be centered, grounded and stronger.
23. **Imagine the world you want to live in.** You have to know what you want to create before you can create it.



Created by the Ministry of Propaganda.
All materials available for free download
at www.TheMOP.info.



15. **Eat Organic.** Food that are grown organically have more nutrients and do not contribute as much to the degradation of the environment.
16. **Make conscious buying decisions.** Vote with your wallet. Support companies that engage in ethical practices and are environmentally responsible.
17. **Make friends with someone of a different race or social class.** It's easy in America to live your whole life without ever crossing racial or class boundaries. It's also a sure way to miss the bigger picture. We each have a piece of the puzzle; when you engage diversity, you start to put those pieces together.
18. **Invent something to help.** Have a great idea for something to help with one of the problems facing our world? Build it. Technology is definitely part of the solution.
19. **Spend time in nature.** Get to know and love your world. You'll want to protect it.
20. **Follow your intuition.** Learn to listen to that still, small voice that can guide you on your path. It won't lead you astray if you trust it.
21. **Plan parenthood (or non-parenthood).** Population growth is a major contributor to the world's ecological problems. Make conscious decisions about whether or not you want to have a child.
22. **Meditate/pray/practice yoga.** These practices engage higher aspects of our selves and help us to be centered, grounded and stronger.
23. **Imagine the world you want to live in.** You have to know what you want to create before you can create it.



Created by the Ministry of Propaganda.
All materials available for free download
at www.TheMOP.info.

