

# ENVIRONMENTAL LIFESTYLE SURVEY

'The heavens declare the glory of God;  
The skies proclaim the work of his hands.' (Psalm 19, NIV)



Changing our personal lifestyles is essential if we're to worship God with heart, soul, mind and strength – and love our neighbours as ourselves. A personal lifestyle audit helps us identify where we are doing well and where we could improve. This survey is based on one created by High Street Baptist Church, Tring, which has achieved a Gold Eco Church Award. There they have committed to undertaking an annual lifestyle audit to review their personal approach to creation care.

- I consider an ethical lifestyle part of living out my Christian faith. Yes  No  Sometimes
- I walk or cycle to church services and events. Yes  No  Sometimes
- I try to reduce my car use when possible. Yes  No  Sometimes
- I have completed a personal carbon footprint audit in the last year. Yes  No
- I limit my waste by adhering to the principles of reduce, re-use, recycle. Yes  No  Sometimes
- I seek to purchase Fairtrade goods where possible. Yes  No  Sometimes
- My home electricity is renewable. Yes  No  Sometimes
- I have reviewed and made changes to my diet to be healthier and more sustainable (e.g. less meat).  
Yes  No
- I seek to purchase ethically where possible (e.g. check source of products, bulk buy for less packaging).  
Yes  No  Sometimes
- I use the LOAF principle (Locally grown, Organic, Animal-friendly, Fairtrade) when buying food.  
Yes  No  Sometimes
- I consider where I put my money by using ethical banking, savings accounts and/or investments.  
Yes  No  Sometimes
- I participate in other community activity with an eco agenda (e.g. litter pick events, member of a group).  
Yes  No  Sometimes
- I consider my carbon footprint when making travel choices Yes  No  Sometimes

You can read more about High Street Baptist Church's green journey on our website, along with links to useful websites and resources.  
[www.tringbaptistchurch.co.uk/eco-church/](http://www.tringbaptistchurch.co.uk/eco-church/)



Look out for more Eco hints and tips in the weekly email update from St Mary's.