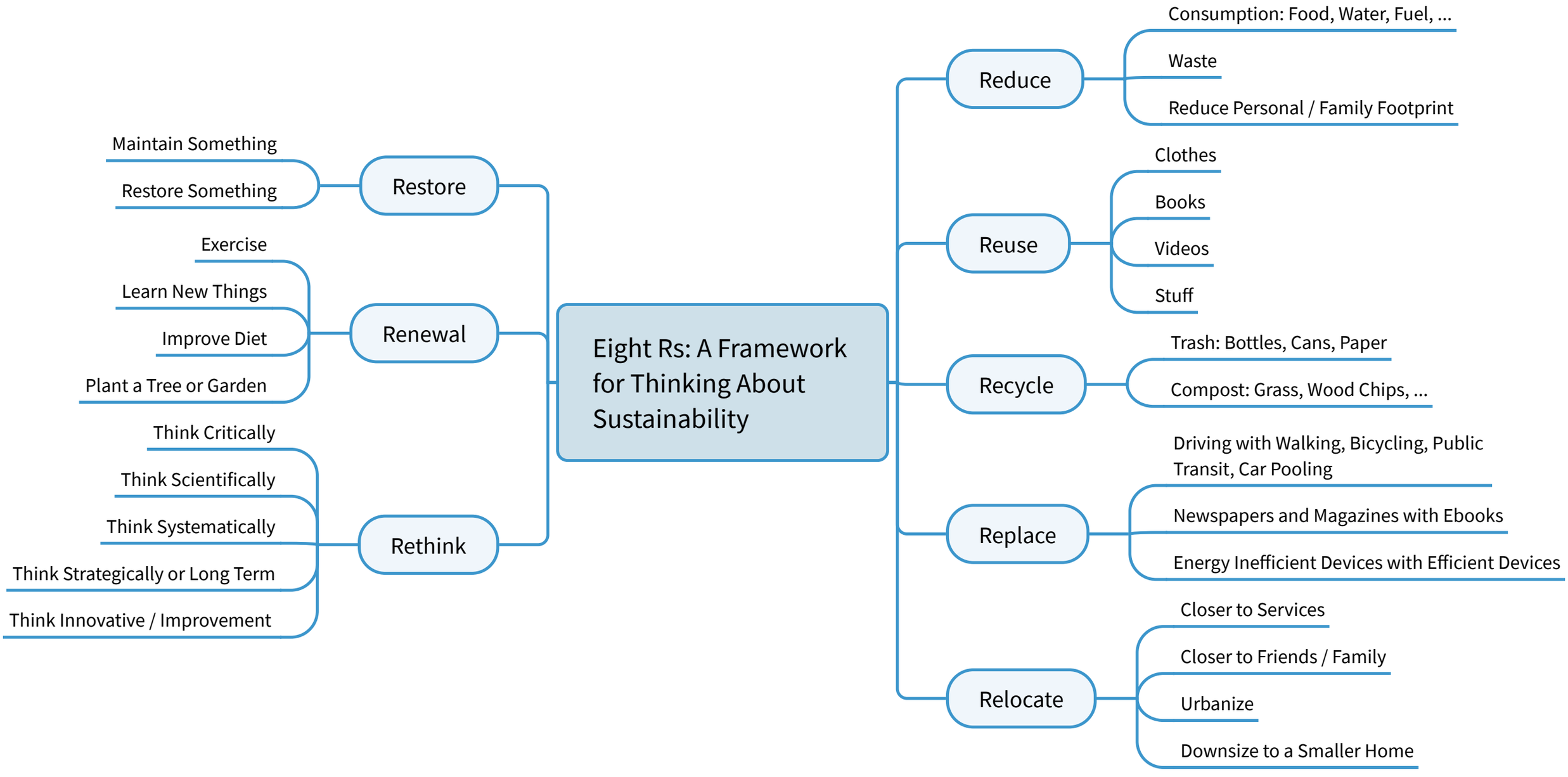
Eight Rs: A Framework for Thinking About Sustainability
Restore
Maintain Something
Restore Something
Renewal
Exercise
Learn New Things
Improve Diet
Plant a Tree or Garden
Rethink
Think Critically
Think Scientifically
Think Systematically
Think Strategically or Long Term
Think Innovative / Improvement
Reduce
Consumption: Food, Water, Fuel, ...
Waste
Reduce Personal / Family Footprint
Reuse
Clothes
Books
Videos
Stuff
Recycle
Trash: Bottles, Cans, Paper
Compost: Grass, Wood Chips, ...
Replace
Driving with Walking, Bicycling, Public Transit, Car Pooling
Newspapers and Magazines with Ebooks
Energy Inefficient Devices with Efficient Devices
Relocate
Closer to Services
Closer to Friends / Family
Urbanize
Downsize to a Smaller Home