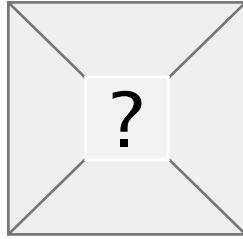




Ethical action plan

Action plan for

Date of most recent update



Introduction

Welcome to the action plan template accompanying the 'How to live ethically' booklet. Please save a copy of this document to your own computer.

This document contains a number of sections you will be asked to complete while you are reading through the 'How to live ethically' booklet. At the end of this process, this document should include your completed ethical action plan that you will be able to put into practice and keep updated.

We have set up the form to make it as easy as possible for you to fill in, and to enable you to write in things that can be measured later, to help you check your progress in making changes to your life. Wherever there is a grey box on the form you can click on it and enter text.

If you have any problems in using the form, feel free to email us at info@lifesquared.org.uk to ask for help.

Good luck with your action plan!

Contents

What my values are

Living in line with my values

Moving forward – your values action plan

Completed and ongoing actions

What my values are

List your main values below. Write a letter in brackets next to each to represent it, so you don't have to write the whole phrase again throughout the rest of the action plan! Some examples are given below in blue italics – you may well have different ones to this, and more of them.

Care for the environment (E)

Care about other people (P)

Care about animals (A)

Act unselfishly and give some time to good causes (U)

Living in line with my values

For each of your values in turn, go through each of the areas of life noted below and list the things you would be doing in that area of your life if you were living in line with this value. Note the shorthand letter of the value it refers to next to it – and keep doing this throughout the action plan, so you can see which values you are referring to.

At home

At work

Shopping

Leisure

Travel

People and relationships

Moving forward – your values action plan

For each area of life noted below, write the (prioritised) actions you can take to live more consistently with your values. Consider the impact you think it will have on you living more in line with that value (i.e. its importance). Put each action within a time frame to show when you think you could complete it by, and remember this is often just about starting a good habit – you'll need to keep it up, even if the action point isn't always on your list! Be sure to include both easy short term things and harder longer term things. We've provided a couple of examples below.

At home

This week

This month

Within 3 months

Within 6 months

Within 1 year

Within 5 years

Long term (5 years+)

At work

This week

This month

Within 3 months

Within 6 months

Within 1 year

Within 5 years

Long term (5 years+)

Shopping

This week

Example: Won't buy any new gadgets unless it's essential. Will try to mend or do without any gadget that breaks down before I replace it (E)

This month

Within 3 months

Within 6 months

Within 1 year

Within 5 years

Long term (5 years+)

Leisure

This week

This month

Within 3 months

Within 6 months

Within 1 year

Within 5 years

Long term (5 years+)

Travel

This week

Example: Will have no flights this year (E)

This month

Within 3 months

Within 6 months

Within 1 year

Within 5 years

Long term (5 years+)

People and relationships

This week

Example: Will smile and be friendly to every stranger I meet (P)

This month

Within 3 months

Within 6 months

Within 1 year

Within 5 years

Long term (5 years+)

Completed and ongoing actions

Completed actions

Keep a list of the actions you've completed. Next to each, note the date that you completed them.

Ongoing actions

Keep a list of the actions you've put in place, but which are new habits or ongoing action points. Next to each, note the date that you started it. Keep an eye on these to remind yourself of the new habits you've decided to acquire!