

QUESTIONNAIRE

SUSTAINABLE LIFE DESIGN



CREATED BY KAREN POWERS WAN



KAREN POWERS WAN

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Hi friend, this is Karen from Harmony Habits. I am delighted that you have chosen to become more sustainable and resilient.

We use this questionnaire as part of our Sustainable Design Course and in one of our one-on-one discovery sessions.

This questionnaire is meant to be a starting point for how you might choose to create harmony habits that

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WELCOME



ABOUT US

At Harmony Habits, we are committed to promoting restorative living and helping others make sustainable choices.

Our team is made up of passionate individuals who have spent years studying and practicing sustainable living. We offer courses, retreats, and articles throughout the year to share what we've learned and help others reduce their environmental impact.

We believe that small changes can have a big impact, and we're dedicated to empowering individuals to make positive changes in their lives and communities. Whether you're just beginning your sustainability journey or looking to deepen your knowledge and practice, we're here to support you every step of the way.

HARMONY HABITS TEAM

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Questions To Guide
You Towards a More
Restorative Lifestyle

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Before We Begin

This questionnaire was created to help you transition into a new, more restorative chapter of life, while also making sustainable lifestyle changes. The questionnaire includes questions about why you want to make a change in your life, and your goals for this new chapter including habits you want to leave behind and adopt, challenges to anticipate, and the resources and support you might need to create a happier, more restorative lifestyle.

The questionnaire also covers topics such as energy and resource consumption, food and agriculture, waste and recycling, transportation, consumption and consumerism, education and awareness, cleaning and toxins, and fashion.

The questions are designed to encourage reflection and help you plan over time to make sustainable lifestyle changes that align with the new restorative chapter of life.





How to Complete this Questionnaire

You do not need to answer all of the questions. Choose the ones that feel most relevant for you now.

Here are a few suggestions

1. Answer the Transition questions, as well as the Song of Your Life questions to the best of your ability.
2. Choose one or two mindfulness practices that you would consider adding in the next phase or chapter of your life.
3. Go through the sustainability section, and answer the questions that feel compelling to you, and then choose the top ten sustainable life changes you might like to make.

We discuss this questionnaire if you choose to join in one of our discovery coaching programs or in the first day and last day of the sustainable design course.

We hope you see these questions as illuminating either on your own, or as part of one of our courses or coaching programs.



Discovery Questions: Why Transition?

1. What is inspiring you to make a transition in your life, and what are your goals for this new chapter of your life?

2. What are some habits or behaviors that you would like to leave behind as you move into this new chapter?

3. What are some habits or behaviors that you would like to adopt in this new chapter, and how will they help you achieve your goals?



4. What are some challenges or obstacles that you anticipate facing in this transition, and how can you overcome them?

5. What support or resources do you need to make this transition successful?

6. How will you take care of your physical, mental, and emotional health during this transition?

7. What role will self-care, relaxation, and rejuvenation play in this new chapter of your life?



8. What are some ways you can incorporate mindfulness, meditation, or other relaxation techniques into your daily routine?

9. How can you create a supportive and nurturing environment that encourages restorative practices?

10. What steps can you take to stay motivated and committed to this new chapter of your life, even when faced with challenges or setbacks?



Discovery Questions: Song of Your Life

We believe it's helpful to look at the song of our lives. It's a metaphor that helps us to discover how unique ways of living well. Play with these questions and see what arises for you. This section can be surprisingly helpful.

1. Melody: What kind of melodies have been present in your life? Do you tend to gravitate towards more uplifting or melancholic melodies? Are there any specific songs or musical pieces that represent the melody of your life?

2. Rhythm: How would you describe the rhythm of your life? Does your daily routine have a consistent rhythm or is it more spontaneous? Are there any activities or events that have a specific rhythm that you enjoy?



3. Harmony: Are there any people, places, or experiences that create a sense of harmony in your life? How important is balance and harmony to you?

4. Vibe: What kind of energy or vibe do you strive for in your life? Do you prefer a more relaxed and laid-back vibe, or do you thrive in high-energy and fast-paced environments?

5. Tempo: How would you describe the tempo of your life? Do you feel like you are constantly moving at a fast pace, or do you prefer to take things slow and steady? Are there any specific activities or situations that make you feel more connected to a particular tempo?



6. How does the melody of your life's song change during times of joy and happiness compared to times of sadness and difficulty?

7. Do you feel that the rhythm of your life's song is steady and consistent, or does it vary greatly depending on the circumstances?

8. Have you ever noticed a change in the harmony of your life's song after a major life event, such as a loss, a new job, or a move to a new city?



9. In what ways does the vibe of your life's song differ from that of others around you? Does it reflect your personality and values?

10. Have you ever tried to change the tempo of your life's song, either intentionally or unintentionally? If so, how did it affect your overall experience of life?



Discovery Questions: Mindfulness

At Mindful Earthkeeper, we believe mindfulness is an important aspect to sustainable life design. These questions are to help you decide what could be a positive new change you would like to make now.

1. Would you like to start a daily mindfulness practice, such as meditation or yoga? If so, when would you like to start?

2. Would you like to incorporate mindful eating habits into your routine, such as eating without distractions and paying attention to the flavors and textures of your food? If so, when would you like to start?



3. Would you like to practice mindful breathing techniques, such as deep breathing or counting your breaths? If so, when would you like to start?

4. Would you like to take regular breaks throughout the day to practice mindfulness, such as taking a few deep breaths or doing a quick body scan? If so, when would you like to start?

5. Would you like to practice gratitude and mindfulness by keeping a daily journal to reflect on things you are thankful for? If so, when would you like to start?



6. Would you like to practice mindfulness in social situations, such as listening actively and being fully present in conversations? If so, when would you like to start?

7. Would you like to practice mindfulness in your daily commute, such as focusing on your breath or the sights and sounds around you? If so, when would you like to start?

8. Would you like to practice mindfulness in your daily work routine, such as taking breaks to stretch or focusing on one task at a time? If so, when would you like to start?



9. Would you like to incorporate mindfulness into your exercise routine, such as paying attention to your breath and body sensations during physical activity? If so, when would you like to start?

10. Would you like to make a commitment to practicing mindfulness regularly and consistently, even when life gets busy or stressful? If so, when would you like to start?



Discovery Questions: Sustainability

These questions are divided up by different focus areas of sustainability. The goal is to review the questions and answer yes, to ten or less of these areas. You can always come back to this form and work on other areas over time.

Energy and Resources

1. Would you like to switch to renewable energy sources at home, and if so, when would you like to begin doing this?

2. Would you like to reduce your energy consumption at home, such as by turning off lights and unplugging electronics when not in use, and if so, when would you like to begin doing this?

3. Would you like to reduce your water consumption at home, such as by taking shorter showers or fixing leaky faucets, and if so, when would you like to begin doing this?

There are many ways to become more sustainable around energy and resources, feel free to add other ideas.



Food and Agriculture

4. Would you like to reduce your meat consumption or adopt a plant-based diet, and if so, when would you like to begin doing this?

5. Would you like to learn more about sustainable agriculture and the impact of food production on the environment, and if so, when would you like to begin doing this?

6. Would you like to reduce your food waste by meal planning or freezing leftovers, and if so, when would you like to begin doing this?

7. Would you like to support local farmers and businesses by purchasing food and other products from them, and if so, when would you like to begin doing this?



Waste and Recycling

8. Would you like to reduce your use of disposable plastic products in your daily life, and if so, when would you like to begin doing this?

9. Would you like to learn more about composting and how to reduce food waste, and if so, when would you like to begin doing this?

10. Would you like to reduce the amount of paper products you use in your daily life, such as by switching to cloth napkins or using a digital planner, and if so, when would you like to begin doing this?



Transportation

11. Would you like to reduce the amount of air travel you do and explore alternative modes of travel, such as train or bus, and if so, when would you like to begin doing this?

12. Would you like to switch to a more fuel-efficient vehicle or explore car-sharing programs, and if so, when would you like to begin doing this?

13. Would you like to work from home or explore flexible work arrangements to reduce your commuting time and carbon footprint, and if so, when would you like to begin doing this?



Consumption and Consumerism

14. Would you like to reduce the amount of single-use products you use in your daily life, such as disposable coffee cups or plastic straws, and if so, when would you like to begin doing this?

15. Would you like to invest in sustainable and ethical products, such as reusable water bottles or fair-trade coffee, and if so, when would you like to begin doing this?

16. Would you like to reduce your overall consumption of goods and live a more minimalist lifestyle, and if so, when would you like to begin doing this?



Education and Awareness

17. Would you like to educate others about sustainable living and share your knowledge with your community, and if so, when would you like to begin doing this?

18. Would you like to attend workshops, webinars or conferences on sustainability and related topics, and if so, when would you like to begin doing this?

19. Would you like to read books, articles or blogs on sustainable living and incorporate what you learn into your daily life, and if so, when would you like to begin doing this?



Cleaning and Toxins

20. Would you like to reduce your use of plastic cleaning supplies, such as microfiber cloths, and switch to more sustainable options like bamboo or cotton, and if so, when would you like to begin doing this?

21. Would you like to reduce your use of paper towels and napkins and switch to reusable cloth options, and if so, when would you like to begin

22. Would you like to switch to natural and homemade cleaning products, such as vinegar and baking soda, and reduce your use of toxic chemicals in your home, and if so, when would you like to begin doing this?



Fashion

23. Would you like to reduce your overall consumption of clothing and explore second-hand or vintage options, and if so, when would you like to begin doing this?

24. Would you like to explore sustainable fashion brands and prioritize buying clothing made from sustainable and ethical materials, and if so, when would you like to begin doing this?

25. Would you like to learn more about how to care for your clothing to prolong its lifespan and reduce waste, and if so, when would you like to begin doing this?



Next Steps

Thank you for taking the time to complete this questionnaire on self-improvement.

We're hoping the process of reviewing the questions and choosing the areas where you would like to make changes was helpful and empowering for you.

Remember that change is a process that takes time and effort, but it can lead to a more fulfilling and satisfying life.

Self-growth is a journey, not a destination.

Our goal is to help you take action on your priorities and values, and create a practical and inspired plan to move into the next chapter of your life with more understanding of who you have been and who you could become in this next phase of your life.

Thank you for completing these questions, especially so we can better serve you if you are enrolled in a Discovery session or Sustainable Life Design course.