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THE DOWNSHIFTER'S GUIDE TO A RESILIENT FUTURE

CHAPTER 25: CHANGING HABITS

QUESTIONS:

- What do you think you could do without in your life? Consider things that costs money, are resource intensive, or distract you from more fulfilling and useful activities eg car, television, dining out regularly...
- Is the thought of a more home-based lifestyle appealing or unappealing to you? What things would you like to do more of at home? Where do your concerns lie eg missing out on social interaction, being able to get away from the family, not liking the physical space? How could you address these?
- Could any of your current paid work be done from home? What arrangements would you need to make?
- What are you addicted to – commuting, phone, car, social media? If you are unsure, go without for a couple of days and see how you feel. How are these addictions affecting your productivity and resilience? What factors led you to this situation? Have you got a plan for change?
- Who does what in your household – are there clear roles and responsibilities, or is it a bit ad-hoc? Is everyone comfortable with this?
- Are you a plant, animal, person or technology person? * Does this synergise with other household members?
- Can you spot any inefficiencies in the way your household is running? Are there things you can do to improve this?

ACTIVITIES:

- Make a record of how you spend your time over the course of a week or fortnight (using an app such as *aTimeLogger* makes this easy). * Discuss the results with the group: Were there any surprises? Has it made you think differently about your productivity and/or your current arrangements? These results will also help you answer questions for subsequent chapters.
- Make a list of everything you pay for in a week. Divide this list up: things I could easily do without / things that I could do without but would be harder / things that I (or another member of the household) could do myself / things I could not do without. *

* Further resources for this activity may be available to registered book clubs

