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## Week 1 Learning Guide: Sustainability –Definitions, Motivations, and Frameworks

*Use this worksheet to jot down your notes, answers, and meditations*

### Part 1: Definitions of Sustainability / Sustainable Development

- **Process of awakening and acting:**

- Awareness:

- Conservation:

- Restoration:

- **The Funnel**

- **1<sup>st</sup> definition: Sustainability is a process** which enables \_\_\_\_\_  
to \_\_\_\_\_ their \_\_\_\_\_ and \_\_\_\_\_  
their \_\_\_\_\_ in ways which \_\_\_\_\_ and  
\_\_\_\_\_ the Earth's \_\_\_\_\_.

- **2<sup>nd</sup> definition: Sustainable development** is development that  
\_\_\_\_\_ of the present without  
\_\_\_\_\_ of future generations to  
\_\_\_\_\_.

- **The Summer Day (Mary Oliver)**

**Part 2: Experiential Exercise in What Motivates Us**

- Eco-apocalyptic images – thoughts, feelings, reactions
  
- Eco-hopeful images – thoughts, feelings, reactions
  
- **Hierarchy of needs**
  - Physiological
  - Safety
  - Love/Belonging
  - Esteem
  - Self-actualization

**Part 3: Metaphors and Frameworks**

• **Biomimicry**

Nature runs on \_\_\_\_\_; uses only the \_\_\_\_\_ it needs; fits \_\_\_\_\_ to \_\_\_\_\_; recycles \_\_\_\_\_; rewards \_\_\_\_\_; banks on \_\_\_\_\_; demands \_\_\_\_\_; curbs \_\_\_\_\_ from \_\_\_\_\_; and taps the power of \_\_\_\_\_.

• **Like a tree**

Purifies \_\_\_\_\_  
Stores \_\_\_\_\_  
Produces its own \_\_\_\_\_  
Creates \_\_\_\_\_  
Uses and stores \_\_\_\_\_  
Consumes its own \_\_\_\_\_  
Maintains \_\_\_\_\_  
Provides \_\_\_\_\_  
Moderates \_\_\_\_\_  
Inspires with \_\_\_\_\_

- **Cyclical thinking**

- **The Natural Step System Conditions**

**#1: Stored Deposits.** In a sustainable society, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ from the earth's \_\_\_\_\_ will not build up in the \_\_\_\_\_.

**#2: Alien compounds.** In a sustainable society, synthetic \_\_\_\_\_ will be \_\_\_\_\_, unless they can be \_\_\_\_\_ and \_\_\_\_\_ metabolized by \_\_\_\_\_.

**#3: Ecosystems.** In a sustainable society, we will not \_\_\_\_\_ from the \_\_\_\_\_ than can be \_\_\_\_\_ by \_\_\_\_\_.

**#4: Fair share.** In a sustainable society, \_\_\_\_\_ are used \_\_\_\_\_ in order to meet \_\_\_\_\_ globally.

#### **Part 4: Ecological Consciousness**

- **Laws and Definitions of Ecology**

Quick exercise: examples of connectedness

Ecology is the study of \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_ rather than the straightforward \_\_\_\_\_ and \_\_\_\_\_ studied in physics and chemistry. The goal of ecology is to \_\_\_\_\_ the functioning of \_\_\_\_\_, not simply to break them down into component parts for analysis.

