

## Carbon Conversations Goal Setting Worksheet

**1-Context on goal setting.** Individuals cannot solve the problems of climate change on their own. Governments need to make international agreements, put the right policies in place and regulate for change. Industry needs to deliver new technologies and systems. Nonetheless there is much that individuals can do! 🤝

If we think in a 1 to 5 year period most individuals who ...

- Have an above the average footprint (11 tonnes) can aim to half it.
- Have an average or below average footprint (11 tonnes) can aim to try and use no more than 1.5 tonnes in each of the 4 areas of a footprint (or half it).
- Overall goal is to reduce your footprint by 50% by 2030 or @ 6 tons/person

Currently, my personal carbon footprint is \_\_\_\_\_, my goal is to reduce it to \_\_\_\_\_ by \_\_\_\_\_.

### 2- Reflecting on what to focus on | Consider these questions:

- a) Which part(s) of my footprint contributes the most to my emissions? \_\_\_\_\_



- b) In general, what actions can make a big impact? Think of star ratings \* in the Carbon Reduction Action Tools.

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- c) What am I most excited to address and/or best positioned to change?

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- d) What am I ready to tackle?

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- e) Don't forget the actions you're already doing! Celebrate things and reflect on what has helped you maintain these actions. Feel free to add any notes on this.

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### 3- Making your goal SMART

- a) For this exercise think of one thing you would like to change. You can then repeat this exercise to select other actions. Use the Action Journal which has a section on goal setting for each area of your carbon footprint.

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- b) What is your existing position, actions or patterns, with this area of change?

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- c) Make your goal **SMART** - *Specific, Measurable, Achievable, Realistic, Time-sensitive*.  
E.g. instead of "eat less meat and cook at home more" you can say → "eat at least 3 homemade plant-based dinners per week for all of December")

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- d) Plans for the longer term. For example, reflect on my experience so I can eventually switch to a vegetarian or vegan diet.

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**4- Sustaining Myself.** I will sustain myself by seeking out

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and remembering that I value

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and by recognizing that setbacks and changes in motivation are normal. I know I can do it!



We know these can be challenging targets. Carbon Conversations UK has found that people who take part in Carbon Conversations groups make reductions of about two to three tonnes almost immediately. **Check out Carbon Conversation Action Tools on [www.collingwoodclimateaction.com](http://www.collingwoodclimateaction.com) for a list of factors that may help you pursue the goal of halving your footprint.**

You might also be in a situation where systemic change would support your journey significantly, so check out **a list of different organizations you can join or support (in Carbon Conversation Action Tools )-** as part of your climate action plan. Individual and collective actions are both needed for our transition to a healthier and more just world!

Finally, **getting stuck** can be a normal part of the process, be kind to yourself and check out **Carbon Conversation Action Tools** for tips on this including using the Force Field Analysis activity.