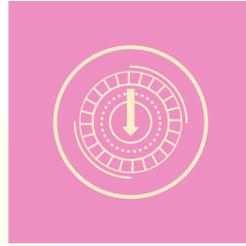


## COVID 7: REVISITING THE 7 WAYS IN LIGHT OF THE PANDEMIC

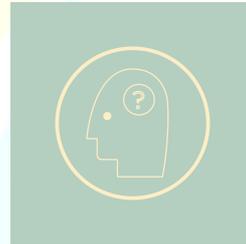
### MONDAY: REDUCE YOUR IMPACT

[How much impact](#) is the virus likely to have on global emissions? How are COVID-19 restrictions 'forcing' you to reduce your carbon footprint? How are you finding those changes? And what would it take for you to maintain them in a post-virus world?



### TUESDAY: QUESTION CONVENIENCE

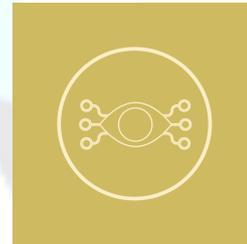
For many of us, COVID-19 lockdowns are causing the most profound inconvenience we've ever known in our lives. And yet, we are staying home, at least partly because we understand that [staying in our lockdown 'bubble' is an ethical responsibility](#).



How are you handling the inconvenience of lockdown? Do you draw any strength knowing that being personally inconvenienced is making a vital contribution to the health of the wider community? What can we take from this whole experience when we ask ourselves what conveniences we would be willing to do without in a post-virus world, knowing that it would contribute to the health of the planet?

### WEDNESDAY: GET INFORMED

According to [this article](#) from The World Economic Forum, the importance of accurate scientific reporting about COVID 19 cannot be underestimated. Sound familiar? What do you make of the media's approach to news reporting on COVID 19 vs climate crisis?



### THURSDAY: QUIT CONSUMERISM

The need to radically overhaul consumer capitalism was a major sticking point in a lot of pre-virus conversations about responding to global climate & biodiversity crises. I wonder how many of you, like me, were told that we weren't being realistic, that such a major change to global economics was never going to happen, that it would cause chaos that we'd never recover from.

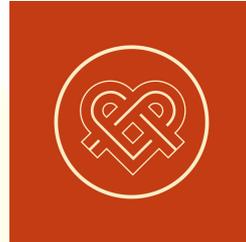


But now this is our reality. It has happened. And economic recovery from from COVID-19 chaos could also mean setting a completely new trajectory for the planet. [This article](#) from David Ritter, CEO of

Greenpeace Australia Pacific, sets out 3 fundamental principles that should drive all decisions about how to rebuild the economy. What do you think?

### Friday: Connect

Social distance and self isolation. They're touted as COVID-19 challenges but they also describe [the profound disconnect of pre-virus life](#), when most of us were so caught up in self-concern that we refused to see, to empathise, or to genuinely care about anything outside ourselves.

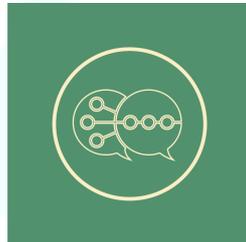


### Saturday: Use your voice

How often do your conversations with family and friends turn to COVID 19? I'm guessing quite a lot.

Did you know that deep conversation with a trusted messenger is one of the most effective ways to shift people's attitudes and beliefs about global climate crisis? If only there was a way you could introduce climate crisis into conversations about coronavirus...

Tune in to [this podcast](#) to learn about the connection between human behaviour and the rising risks of pandemic.



### Sunday: Reflect

How has it been to revisit the 7 Ways through this week of daily COVID 7 reflective practice? I was just sitting in a patch of sunshine in our little courtyard reflecting on the difference it's made to me personally...

It's been great [creating and posting](#) each day's invitation. I somehow felt more connected just by making the effort to connect. Making a commitment to daily practice turned out to be good for me on days when I felt a bit like I couldn't be bothered. And I feel a renewed sense of focus and intent about actively pursuing the transition to climate consciousness. How about you?

