

# Must We Sacrifice to Save the Planet?

Sustainable Living – Darcy Dedoes Costello  
Pathways #45, page 16



## Talking Points

- ❖ Who wants to do something because they *have* to do it? Not many people. However, when people make up their own rules or follow their habits they feel enjoyable.
- ❖ If we make rules to save our planet —“conserve energy, buy less, make sacrifices”— (16) are we really encouraging an enjoyable lifestyle change or are we forcing thoughts and ideas on people?
- ❖ So the question at hand, “must we sacrifice to save the planet?” Do we need to walk away from the luxuries that we have grown accustomed to?
- ❖ Would the general population actually be happier leaving the consumer driven lifestyle behind and adopting something more simple and gratifying, something we can find in our own backyard?
- ❖ Would listening to the birds, sitting outside, going on a walk in the woods or gardening bring the same amount (or more) enjoyment than a Starbucks coffee? Would it feel like *sacrifice*?
- ❖ Author Darcy Dedoes Costello asks in closing, “Why do we burden ourselves into inaction by thinking we have to give up things in order to save our world, when in actuality maybe we need to add a few of the things lacking in our lives?” (17)

## Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Visit Darcy’s blog: [www.alongcreek.blogspot.com](http://www.alongcreek.blogspot.com)

50 ways to help the planet: <http://www.50waystohelp.com/>