GOAL 1: RESPONSE TO THE CRY OF THE EARTH.
You will see questions for each of the Laudato Si' Goals. These first questions are about how your current practices "response to the cry of the Earth," the first Laudato Si' Goal.

Do you pay directly for your use of electricity?  Yes / No

Electricity use is an important component of a carbon footprint. Do you know how many kilowatt hours of electricity your family used in the last 12 months?  Yes / No
If you answer YES:  How many kilowatt hours of electricity did you use?          

Does your electricity provider allow you to choose renewable energy?  Yes / No
As one example, you might pay for renewable energy credits. Through renewable energy credits, you pay a fee to receive a portion of your electricity from renewable sources like solar or wind. This program might come directly from your utility, or it might come from an organization that works with your utility.

Do you own the building where your home is located?  Yes / No

Have you installed solar panels that produce electricity (also called photovoltaic panels) or wind turbines at your home?  Yes / No
If you answer YES:  That's wonderful! What percentage of your electricity use is now covered by the solar panels or wind turbines?

Some families need to put heating fuel (such as oil, coal, or wood) into a furnace or stove. Do you need to put heating fuel into a furnace or stove?  Yes / No

Planting trees can help protect creation. Have you planted trees in the last 12 months?  Yes / No
If you answer YES:  That's wonderful! How many trees did you plant?       

Considering how we irrigate gardens, lawns, and farms is an opportunity to better respond to the cry of the Earth.
Do you use irrigation at your home?  Yes / No
If you answer YES:
Have you taken steps to limit the amount of water you use, such as installing drip irrigation?  Yes / No

To protect biodiversity, some families pursue a conservation scheme to protect the land they own.
Have you pursued a conservation scheme?  Yes / No
If you answer YES:  About how much land did you conserve?  

Our Notes:  

GOAL 2: Response to the cry of the poor.
These questions ask about how your practices "response to the cry of the poor," the second Laudato Si' Goal.

In the last 12 months, how have you taken action to respond to the cry of the poor?
In case it’s helpful, some families take actions such as organizing educational events to protect all life, promoting and protecting Indigenous stewardship of creation, providing water and sanitation services, ensuring all people have access to clean air and land, growing in solidarity with the poorest and most vulnerable, and sharing resources and wisdom.

Please share freely any initiatives that are meaningful to you.

In the last 12 months, have you taken action to protect all life? Yes / No
As examples, you may have organized educational workshops, participated in public events, or promoted materials that illustrate the connection between ecological issues and the protection of life.

Our Notes:

Laudato Si' says, "a true ecological approach always becomes a social approach." (LS 49)
Have you identified how the planetary crisis is affecting social issues (such as hunger, forced migration, or respiratory illnesses) in your area? Yes / No
If you answer YES: What local challenges are connected with the planetary crisis?

Our Notes:

How have you responded to the immediate, short-term needs of vulnerable people?
(Please note that your answer should be no more than 200 characters.)

Have you developed or participated in any initiatives that address the underlying causes of these social-ecological challenges? Yes / No
If you answer YES: What program have you developed or participated in?
(Please note that your answer should be no more than 200 characters.)
GOAL 3: Ecological Economics

These questions ask about your practices in "ecological economics," the third Laudato Si’ Goal.

In the last 12 months, how have you taken action to institute ecological economics?
In case it's helpful, some families take actions such as supporting the circular economy or developing sustainable purchasing standards.

Please share freely any initiatives that are meaningful to you.

Do you have investments?  Yes / No
If you answer YES: An ecological economy embraces a just transition to clean energy, protecting all people from the consequences of a warming world.
Have you divested from fossil fuels, weapons, and other investments that harm creation and human ecology?  Yes / No
Or, if you've never had this type of investment, have you pledged that you won't make it in the future?

Have you chosen a banking company that has clear ethical and social standards?  Yes / No

Have you chosen an insurance company that has clear ethical and social standards?  Yes / No

Our Notes:
GOAL 4: Sustainable Lifestyles
These questions ask about your practices in "sustainable lifestyles," the fourth Laudato Si' Goal.

ELECTRICITY: Do you have control over the use of electricity in your home? Yes / No
If you answer YES: The use of heating and air conditioning plays a big role in our sustainable lifestyles, because it can contribute to greenhouse gas emissions.

Do you use either heating or air conditioning? Yes / No
If you answer YES:
Have you developed a structured process to reduce your use of heating and air conditioning? Yes / No

In case a reminder is helpful, you might have installed programmable thermostats, regularly adjusted your thermostats by a few degrees, installed thick curtains to block heat and drafts, or something else.

WATER: Do you have control over the use of water in your home? Yes / No
If you answer YES: Water, a precious resource, is a key component of our lifestyles.

Do you know the amount of water you used in the last 12 months?
In case it's helpful, this water may have been used for drinking, restrooms, or gardens.
How much water did you use? ______________

Have you installed low-flow fixtures (such as faucets, toilets, or showers)? Yes / No

Have you installed dry toilets (such as composting or sand toilets)? Yes / No

TRANSPORTATION: Transportation is also a key element of our lifestyles.

Do you own or lease any vehicles? Yes / No
If you answer YES: Knowing how much fuel you use for your vehicles will help create your carbon footprint.

Do you own or lease an electric vehicle? Yes / No
Do you use diesel or gasoline? ___ Diesel ___ Gasoline/petrol
Roughly speaking, about how much do you spend on fuel each month? ______________

In the past 12 months, did you purchase air flights? Yes / No
If you answer YES: How many air flights did you purchase in the last 12 months? ______

FOOD: Do you compost food scraps? Yes / No
Many communities include meat products such as chicken, beef, pork, goat, or fish in their diets. Meat can be sustainably and ethically produced, and meat producers are an important part of many communities. In addition, meat dishes are cherished in many traditions and cultures. Because information about diets is an important element of understanding the place we occupy in creation, knowing more about your meat consumption is helpful.

Do you eat meat (such as chicken, beef, pork, goat, or fish)? Yes / No

If you answer YES: Roughly speaking, about how many servings of meat such as chicken, turkey, beef, pork, or fish are eaten by your household per week? ______

OTHER: Do you use disposable plastic or styrofoam? Yes / No

Our Notes: 
GOAL 5: Ecological Education
This question asks about your practices in "ecological education," the fifth Laudato Si' Goal.

In the last 12 months, how have you taken action to institute ecological education?
In case it's helpful, some families take action on ecological education by becoming familiar with the local ecosystem, becoming familiar with the science of the ecological crisis, and becoming familiar with ecological virtues (such as sober use of resources, protection of the common good, etc.), and by creating opportunities for young people to lead Laudato Si' events for the family or members of the wider community.

Please share freely any initiatives that are meaningful to you.

Have you implemented a Laudato Si' education plan to reach all family members? Yes / No

Have you developed opportunities for young people to lead Laudato Si' initiatives? Yes / No

Our Notes:
GOAL 6: Ecological Spirituality
This question asks about your practices in "ecological spirituality," the sixth Laudato Si’ Goal.

In the last 12 months, how have you taken action to embrace ecological spirituality?
In case it’s helpful, some families take action on ecological spirituality by taking part in Season of Creation events in your parish or other community, praying outdoors, weaving creation into liturgical moments (such as Advent, Lent, Christmas, Easter, etc.), and including Laudato Si' themes in family prayers, table grace, etc.

Please share freely any initiatives that are meaningful to you.

In the last 12 months, did you celebrate the Season of Creation with an event or other public action?
Yes / No

In the last 12 months, have you held spiritual activities outdoors? This might include outdoor prayer or reflections.
Yes / No

Our Notes:
GOAL 7: Community Engagement and Participatory Action

These questions ask about your practices in "community engagement and participatory action," the seventh Laudato Si' Goal.

In the last 12 months, how have you taken action to engage your community?

In case it's helpful, some families take action on community engagement by advocating for socio-ecological issues, better governance, and human rights, engaging the public, developing a shared response to challenges, and creating plans to adapt resiliently to climate change.

Please share freely any initiatives that are meaningful to you.

Has anyone in your family received training in environmental science and Catholic social teaching on ecology?

Yes / No

If you answer YES: What training did this person receive?

Have you established a relationship with another family to work on Laudato Si' themes together?

Yes / No

In the last 12 months, have you collaborated on Laudato Si' issues with any Catholic organizations?

For example, you may have worked with a parish, hospital, school, or lay movement.

Yes / No

Our Notes:
Reflection Section

We're aware that you are engaged in so much more than simply taking action. Please feel free to use these questions to reflect on any additional progress you've made. This is your self-assessment, and you're free to use it in order to share information about anything that has been particularly meaningful to you.

Please feel free to describe any processes that you've developed to make progress along your Laudato Si' journey. (Please note there is a limit of 1,500 characters.)

Please feel free to describe any spiritual depth or richness that you've encountered along your Laudato Si' journey. (Please note there is a limit of 1,500 characters.)