Write down all the emissions sources and negative environmental impacts you can think of related to the work you do in different areas. If you feel an area doesn't relate to your work, or you're unsure what it means, skip it and we'll come back to it later.

1. Buildings and Energy	2. Travel	3. Finance
4. Digital Footprint	5. Materials and Waste	6. Audiences, Customers and Networks

Look at these different impacts in section A... Does this already have a known solution, even if it's not totally within your remit? If so, jot it down in **green**. Are you unsure how you would address this activity? Or are questions coming up for you as you think about it? Pop those questions down in **orange**. If this feels like it outside of your control or impossible to address, or you have there are barriers to addressing it, write this block down in **red**.

Now revisit those orange and red notes, are there smaller actions that could help you work towards addressing them? E.g. researching, having an informal conversation, undertaking training.

1. Buildings and Energy	2. Travel	3. Finance
4. Digital Footprint	5. Materials and Waste	6. Audiences, Customers and Networks

Try and move all of your green actions from Section B into these four categories:

(1) Actions you are already doing. (2) actions you have the power to do and can do now (3) actions can do but might but might require additional knowledge, funding, or capacity (write those needs down as well in orange) (4) things that are not possible or outside of your control right now.

1. I am already doing	2. I can do	3. I can do but I need
		4. Not possible

Prioritising Section D

Think of opportune time scales to integrate new practices into your work:

Do you work year to year? Project to project? Is it best to change things when working with a new client or customer, or perhaps in slow periods of your working year? **Define two of your own timescales for action** (one in the shorter term, one in the longer term), and jot them down. Consider which green actions from Section C feel exciting or doable. Move a maximum of two into each timescale.

J	C .		
Timescale 1:			
Timescale 2:			