



It's time to kick the habit of growth addiction!

Economic Growth • Population Growth • Urban Growth • Over-Consumption

WHAT CAN I DO? A LOT!

- 1. Eliminate subsidies of physical, economic and population growth.**
Press elected representatives to build the costs of growth into the behavior (locally, regionally, nationally).
Run for office; join others in your community to activate for this.
- 2. Call out any prosperity strategy that depends on increasing population or consumption for what it is – unsustainable.**
Insist on prosperity strategies that are possible and not suicidal.
- 3. Support funding for family planning.**
- 4. Support gender equity, women's rights and education.**
- 5. Make your own responsible family size decision.**
Act to secure a good life for your children. Stop at one or two. Delay starting a family. Adopt.
- 6. Make responsible family size common knowledge.**
Don't shy from population discussion; share what you know; teach your children.
- 7. Point out pro-growth bias to offending media/journalists.**
Encourage them to offer balanced reporting and language.
- 8. Let elected officials know you won't fire them for a stable or contracting economy.**
Let them know you'll fire them if they sacrifice your children's future in order to get re-elected.
- 9. Share your job.**
Get out of debt and simplify your life so you can afford to work half-time.
Champion a job-sharing initiative at your employer or in your town.
- 10. "Skinny up" your life.**
Small things make a difference if we all do them.
Let this behavior rub off on friends, neighbors, colleagues and children:
 - Reduce, reuse, recycle.
 - Buy local.
 - Loan and borrow items, buy used items.
 - Buy durable goods, not disposable and not short-lived.
 - Invest in co-ops and businesses that don't seek perpetual growth.
 - Consider the energy and waste implications of every decision.
 - Drive less, wear your clothes till they wear out, hang your clothes to dry, etc.
- 11. Sign the CASSE Position Statement supporting the goal of a steady state economy.**
(Center for the Advancement of the Steady State Economy, www.steadystate.org)
- 12. Support efforts to end the practice of loaning money into existence.**
- 13. Spread the word; get *GrowthBusters* seen.**
Organize screenings; give the film to policymakers, journalists, and opinion leaders.
- 14. Use www.growthbusters.org as a resource.**
Visit the issues pages for links to books and essays. Subscribe to the blog and the newsletter.
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