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.

    Visit the issues pages for links to books and essays. Subscribe to the blog and the newsletter. Like the GrowthBusters facebook page. Contribute to the discussion. Make a tax-deductible donation.