



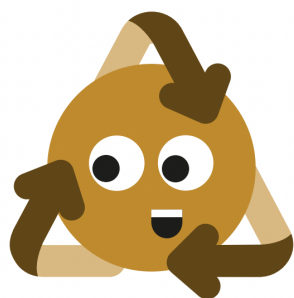
Frameworks and tools: sustainable lifestyles and education



The “Sustainable Lifestyles and Education (SLE) frameworks and tools” working group presents in this one pager its two main tools, the Good Life Goals (GLG) and the Anatomy of Action (AoA).

Both frameworks are based on science, easy to understand, didactic and fun. The key difference is that the GLG gives a great overview of the 17 Sustainable Development Goals (SDGs) and what one can do to address each of these 17 goals, while the AoA focuses primarily on SDG 12 and looks at what one can do in their daily life to reduce their environmental impact on the planet.

The Good Life Goals



FUTERRA®

The Good Life Goals are a set of personal actions that people around the world can take to help support the Sustainable Development Goals (SDGs). They are lifestyle asks for individuals that are carefully aligned with the SDGs 169 targets and indicators.

In Brief, the Good Life Goals are:

- 85 individual actions - 5 asks for each of the 17 SDGs
- An entry point for any government, NGO, or company in any sector, into the individual behaviours linked to activities, products and services, sustainable lifestyles, and the SDGs themselves.
- A highly engaging way of personalizing and humanizing the SDGs
- Primarily designed to be used by policy-makers, business, civil society, creatives and educators who want to communicate about the SDGs.

The Goals have been shaped through a multi-stakeholder collaboration between Futerra, the 10 YFP Sustainable Lifestyles and Education program, co-led by the governments of Sweden and Japan represented by the Stockholm Environment Institute (SEI) and the Institute for Global Environmental Strategies (IGES), as well as UN Environment, UNESCO and WBCSD.

The Anatomy of Action

The Anatomy of Action outlines the top-level changes any individual can make to support the growing shift to global sustainability:

- a scientific and evidence-based framework as well as a social media toolkit
- 15 actions across 5 lifestyle domains (food, stuff, move, money and fun)
- most impactful actions and striking evidence on climate and biodiversity
- within each domain, the most impactful actions are presented first

First and foremost, the framework addresses SDG 12 on sustainable consumption and production while contributing to SDG 3, 4, 13, 14, 15 (good health & well-being, quality education, climate action, life below water and on earth).

The first version of the AoA was created in response to the climate crisis, an updated version of the AoA (available in 8 languages) reinforces the validity of the framework by providing evidence and actions on biodiversity, while integrating the new reality of the covid-19 pandemic.

The AoA as a social media toolkit can be used on its own to host a social media challenge. To that end, a range of guidelines have been developed and can be shared with those interested in rolling out a challenge at any possible level (e.g., university, city, country, global, etc.)

The AoA as a scientific framework can be useful to develop thinking on sustainable lifestyles (SL) in multiple ways. It can for example help the development of:

- a company's sustainability strategy involving its employees and enabling SL
- guidelines to help a specific type of business to promote SL
- well-articulated and science-based training sessions

