

Improving Quality of Life

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Be the change you want to see in the world.
~ Mahatma Gandhi

In your group, discuss actions you may take to make life better for yourselves and for others, keeping in mind a variety of perspectives about what the "good life" means. Remember to "think locally and act globally," beginning with examples of very small and simple gestures that may improve quality of life. The categories below are suggestions only; your group may wish to develop your own list of categories.

What we can do	Local	National	Global
Peace and security			
Physical and emotional well-being			
Environmental protection			
Participation in decision making			
Cultural identity and community			