

The Carbon Buddy Manual: Your Practical Guide to Cooling Our Planet (CBM)

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Background

Colin Hastings, from Cornwall England, created a really neat and useful workbook, The Carbon Buddy Manual (<https://www.carbonbuddyproject.org/>), and the supporting Carbon Buddy Project. It enables us to understand and learn what we can do to address climate change as individuals. It focuses on developing actions we can do as individuals. The CBM is 1) a toolkit for getting started (and keeping going), 2) a process of discovery, and 3) not a book to be read but a book to be used.

Unlike most books on climate change the CBM is a practical “how to” self-help book, inspired by car repair manuals, great cookbooks, and gardening books. The manual is **all about processes**. While it does cover what to do, it helps you more by looking at how to go about what for all of us is a very complex project. It provides practical processes for:

- clarifying your goals
- measuring your personal pollution
- highlighting priorities and deciding where to start
- breaking down a complex task into bite size chunks
- spreading these tasks over time to make them manageable
- identifying and overcoming obstacles
- getting others involved
- finding additional information, sources of support, and the resolve to keep going.

BUUF Carbon Buddy Workshops

We had 20+ participants in a series of 4 workshops using the CBM. Each participant had a CBM. In each session we discussed different parts of the CBM and its applicability to our lives. There were no lectures but interactive discussions focused on what each of us can do as individuals.

Session 1

- Overview: Where we are going (Ch 1)?; Introductions → who is here and why?
- A Users Guide and Introduction to The Carbon Buddy Manual (Ch1 & Ch 2)
- Nudge Boxes: Seeds of Hope (positive), How about? (action ideas), Dig Deeper
- Carbon Buddies and First Conversations (Ch 3)

Session 2

- **LAST WEEK** → What Did You Do Differently? What Did You Learn?
- Action Track Plans: short-, medium-, and long-term (Ch 12)
- Finding your carbon footprint (Ch 4), Prioritization Matrix → What do I do first? (Ch 5)
- Second Conversations

Session 3

- **LAST WEEK** → What Did You Do Differently? What Did You Learn?
- Changing Our Lifestyles (Ch 8): The Greater Good, Carbon Buddies Everywhere
- Actions I Can Take (Ch 9, Ch10, & Ch 12): Cool Power, Cool Spending
- Third Conversations

Session 4

- **LAST WEEK** → What Did You Do Differently? What Did You Learn?
- Sharing and Spreading the Word (Ch 6): Personal Network Map
- Understanding and Addressing Change (Ch 7)
- Additional Resources for The Journey (Ch 11)
- Fourth Conversations

Carbon Buddy Supporting Materials

We have resources to support using the CBM individually or with a group. These are available on Google Drive. <https://drive.google.com/drive/folders/1kXyr1zTkTCwQX-P7svB84MG0HfXmooXX?usp=sharing>