

# A Guide to the SEE-FAB Checklist and Goal Planning Sheet



## A Sustainable Environment on Earth for all beings (SEE-FAB)

This checklist is a tool guiding Buddhist Centres towards greater environmental harmony.

It focuses on five areas: Planning for Sustainability, Energy Use, Water Use, Use of Resources, and Biodiversity.



### Energy Use

Pursue cleaner, more efficient practices



### Use of Resources

Embrace conscious consumption and waste reduction



### Water Use

Cultivate mindful stewardship of this precious resource



### Biodiversity

Nurture and appreciate the web of life around us



**Appoint** a sustainability lead for this project and use the Goal Planning Sheet to set achievable targets and track progress.



**Remember**, sustainable change is gradual— approach it with determination and patience.

## Recommendation

We recommend an annual SEE-FAB review to reflect on achievements and set new goals. By implementing these practices, Buddhist Centres can become beacons of environmental stewardship, contributing to the welfare of all beings.

Today's actions shape tomorrow's reality—for your centre, all beings, and our interconnected world.

Though we face daunting environmental challenges, **every mindful step embodies our commitment to care for the Earth and all its inhabitants.**

