

EARTH WEEK - 2025

Our Power, Our Planet





This workbook, proposed by Common Earth, aims to help inspire reflections and insights into global energy production and consumption during Earth Week 2025. Our goal is to make space for different perspectives and understanding on this important topic.

At Common Earth we believe that the best way to change outcomes is to change our perspectives. We encourage you to print this workbook out, fill it in electronically, or simply use it as a guide to jot down your thoughts.

Feel free to share this with your friends and family and engage in deeper conversations about our understanding of energy. As you make your way through the exercises each day, bear in mind the first law of thermodynamics, which is that energy can be neither created nor destroyed. Consider the bearing this has on your reflections.



Day 1

List all the things you use today that require energy.

Be as exhaustive as you can and try to consider all the energy required for each of those things to happen. Think about the energy needed to extract the raw materials, produce it, and deliver it to your home. Include items that you don't plug in; things like clothes, food, cleaning products, furniture, etc. Identify as many ideas as possible for how you could reduce your energy consumption.

Things that require energy:

How I can reduce my energy consumption:



Day 2

Expand your understanding of Energy Return on Investment (EROI) and find examples of it.

This is a way to measure how much energy is necessary to produce usable energy. Investigate the EROI of fossil fuels and the same for renewable energy. Consider the EROI of your food choices (hint the further up the food chain the more energy intensive it will invariably be).

Notes on EROI - Energy Return on Investment:

Day 3

Deepen your understanding of our collective energy blindness. Watch [this episode](#) of The Great Simplification. As you watch it, make notes on what you learn and what you want to learn more about. After you finish, list 5 things that surprised you the most.



Access the Episode

What I learned:

What I want to learn more:

5 things that surprised me the most:

Day 4

Review your electricity bill and see how you could reduce your energy consumption at home by at least 10%. Reconsider what you think of as necessary in an effort to help with this?

Changes I can make to reduce my energy consumption:



Day 5

According to the International Energy Agency, a ChatGPT query requires roughly 10 times more energy than a Google search. Learn how to make better and more efficient queries for Chat GPT and for your online use more generally.

More efficient prompts for Chat GPT:

Changes in my online use:

Day 6

Explore [this graph](#) and related links. Notice how, despite the increase in the production of renewable energy, our use of fossil fuels has not decreased or flattened but in fact also increased. Why is our energy demand so insatiable?



Access the Episode

Why is our energy demand so insatiable?

Day 7

Have a conversation about your activities and insights this week with 2 people in your network. This could be colleagues at work, friends or family. It could be online, but even better if it happens in person, or over a (plant-based) meal. Write the insights you had and the ones that were shared with you.

Insights I had:

Insights shared with me:

