

How to Think on Your Feet in 2008:

By Dave Hampton

Save the world, and your reputation, in just 60 enjoyable minutes. In as little as 5 minutes a day, for just 12 days, Dave Hampton *the carbon coach* says you can start to make your whole life taste better - be irresistible - and do your children the world of good.

THIS IS A SMART, SEXY, HIGH SPEED 'CARBON-LOSS' detox - 'a come off carbon FAST' - aimed at busy, successful readers who know they need to take a good hard look at their own (carbon) feet - if they want to stay ahead, stay cool, comfortable and desirable.

Dave offers you and your partner a fast foot forward..

Follow this twelve day (5 minutes a day) programme and you will be: richer, happier... and... if you can 'do low-carbon' chic with flamboyant style... more attractive to men/women (delete to taste).

Day one

Tell a good friend your number

The first thing is get real about our individual contribution to climate change, our 'bit-part' in the climate crisis. We need to face our elephant! This means knowing 'our number'. Not precisely, just whether you are a 5 tonner, a 20 tonner or an 80 tonner? So, on day one, spend 5 minutes on the web, e.g. search for <msn carbon estimator> find 'your number' - your personal carbon 'shadow' - in tonnes. Gulp hard. Have a drink. Then phone your best friend to tell them 'your number'. Talk footie print. Then sleep on it.

Day two

Buy 'Carbon Detox' book

It may seem odd I recommend someone else's book, but this is the best thing you can do on day two. Buy the amazing 'Carbon Detox' by George Marshall. This book is inspiring, entertaining, warm and human. Almost as good as hiring your own cuddly carbon coach!

Day three

'Love Miles' - Think of those Nearest and Dearest

I need to plant a rather awkward 'seed' on Day three. Grab the 'back of the envelope' and tot-up how many hours you have flown in each of the last 3 years. Each 4 hours in the air is roughly one tonne of greenhouse impact. Some say that one tonne per person is what the planet can stand. So in just four hours airborne - we burn an entire 'carbon allowance' - for one global citizen - for a year! Some Valentine!

Maybe you have loved ones the other side of the world. Is it thinkable to start to re-visit life's biggest and best plans, like where we live, and where we put our roots down. Dare we re-group some of those dearest to us, so they can become nearest again?

Day four

Hoots The Owl

If your true love hasn't yet given you one, an OWL, then order one on www.theowl.com It's for lovers who give a hoot about the amount of electricity they waste - every hour - 24/7/365. A background saving of 1 penny per hour on the juice tots up to a welcome £87.60 a year. (+ half a tonne less CO2 in the bank.)

Day five

Click The Green Switch

As priceless a gesture as five gold rings, on day five you can, at last, make that switch to green clean electricity, with a 5 minute phone call to Good Energy or Ecotricity. Enjoy their customer service too.

Day six

Invest in the green best

If you and your love are lucky enough to have some investments, then why not review them together - in a green low carbon lite. It's plain to see some are going to go down in the low carbon economy, and some, eg. renewable energy generation, are going to go up. So why not 'throw a few quid' at umbrella 'new energy' funds like Merrill Lynch's for a rainy day. Wind, wave solar all in one. Hot tips eh! ►

Day seven

Heaven, more airtime, more Passion

On the seventh day you deserve a rest! And some nice music. Buy your love a Pure DAB 'EcoPlus' radio, or tune in to Passion for the Planet on the internet on www.passionfortheplanet.com Enjoy the great mix of world music, bright green ideas, and positive news coverage on the things that really matter, while you rest.

Day eight

Earthy stuff - Mud wrestle a Jacket Potato

At last, after all that internet stuff, get out of the house and walk or bike to a local farmers market, farm shop, friends allotment, anyone offering you real local grown grub, with the mud still on it. Joy! Pop a delicious healthy jacket potato treat in the oven.

Day nine

Enigmatically ask for tap water in a top restaurant.

This is pure fun. Smile enigmatically and ask for a jug of tap water. Give no reasons. Savour the taste!

Day ten

Try the veggie option too.

I'm not going to suggest you quit meat. Partly because I haven't yet. (Yes I know I should.) In the meantime I resolve to choose the veggie option more often. At home, and when eating out.

Day eleven

Four wheels bad? But the right car suits you.

If you are going to dress to impress, then the designer label you need to look out for this year is the car-bon (good car) label in the car show-room. Trade UP to a new or second hand 'band B' carbon-rated car. Small modern diesel engine cars are a delight to drive, kinder to the kids, and ouse confident sexuality.

As compact a car as you can - be a super model. Much more economical - huge savings on fuel cost, insurance, road tax and bigger savings still on depreciation! Why? They are cool, cute and popular.

Day twelve

Enjoy Being a Low flying leader

Limit your flying lust - significantly, willingly and inspirationally. 'Local' is going to be the new 'global' boast in 2008. Don't make the mistake of thinking long distance flights to far flung conference destinations are going to impress anyone anymore. Not even a Bali Climate Conference.

Be a low-carbon leader in 2008 and watch the world start to follow you.

www.carboncoach.com

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