

The belief that one can organize and execute a course of action is called self-efficacy and is what allows people to change their behavior. Surveys show that people's self-efficacy worldwide in regard to climate change is low. When people feel empowered to act either singly or with others, they are more likely to act or support others that do. Our actions are cumulative and matter.

There are plenty of things we can do individually. Start by examining your personal carbon footprint and plan from there. For example, food waste is avoidable. Plan, use what you have in the refrigerator and the pantry, consider eating vegetarian frequently. Recycling may be hard. Read about what your municipal recycling takes and recycle conscientiously! Don't put stuff in the bin that can't be recycled! Recognize that the guilt-based system that suggests that individual choices are what's needed will lead to exhaustion. What we need is systematic change that will reduce everyone's carbon footprint whether they care about climate change or not.

The most important thing you can do is talk about it, and why it matters. Maybe what you say or do will inspire another person. Talking can be hard - try quoting trusted sources like doctors and health-care professionals, like Bill Gates who set a net zero goal for Microsoft, or military officials who have said our "greatest threat is climate change." You are the best messenger if you are trusted by the person you are speaking with. Talk about climate change in every community you are a part of. The most effective messages are ones that are repeated often, are simple and from trusted sources. The secret formula is to bond, connect, and inspire others! Bond with respect first; don't bombard with facts. Don't try to convert; just open the door, plant seeds! Ideas to start a conversation: a question, offer a scale (1 to 10), an interesting fact, listen and keep listening, make people feel understood. Check out the Climate Mind app that guides users through the process of personalizing climate conversations with others and responding to common climate change myths. Don't be too attached to the outcome! Some conversations won't progress. To end a climate conversation: know when to stop, when emotions are rising, and judgement is starting. Recognize the value in all conversations and that conversations connect us rather than divide us. Finally, reflect on what you heard.

Hope is based on the idea of a future. with the need for human action. We can't just leave it in God's hands. God never promised to rescue us from our bad decisions. Also, hope is not misunderstanding what is at risk. Practice hope and share it with others. Our choices will determine what happens! Together we can save God's creation.