Environmental, Systems, and Policy Changes

- **Altering things around the person to make a behavioral change**
- **Environmental**
  - **Physical earth changes**
  - **Building or structure changes**
  - **Personal space changes**

Environmental, Systems, and Policy Changes

- **System changes**
  - **The way things are done**
    - **Business, church, family, etc.**
- **Policy changes**
  - **The WHY we do the things we do**
    - **Policy at government level to policy at family level**
  - **Overlap will occur**

Culture Changes Start With Environment

- **Physical earth**
  - **Streets for pedestrians, cyclists, transit users, and motorists**
  - **Neighborhood parks, etc.**
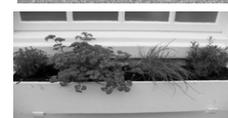
Culture Changes Start With Environment

Physical Earth Changes

- **Community, school, church gardens**

Environment

- **Building or structure changes**

Environment

- **Personal space changes**

  – **What is IN <u>your</u> desk, office, car, kitchen, house?**

Family System vs. Policy?

- **What are unspoken traditions?**

Summary

- **Change what you want to change**

  – **Change what you need to change**

- **Not about perfection**

- **Confidence that you can have the life you want**