



Minimalism and Fast Fashion

Originally Discussed: April 2021

Description: How does our purchasing behavior affect our carbon footprint? Is there credibility in less is more when we're talking about sustainability and our environment?

Estimated time: 90 minutes

(1) Getting acquainted and comfortable

5 - 10 min.

Welcome

- Thank you for coming...
- We are a part of The Great Reset, which was born out of a shift we're seeing in our country. We have been in a place where we don't tend to speak 'beyond our bubbles' and across perspectives. The Great Reset has been opening up a grey space for such conversations since 2018. You are now part of keeping the conversation going and we thank you.

The Pillars of The Great Reset

- To share our own thoughts and perspectives with humility
- To learn from others and listen with respect

Ground Rules

- Every comment is valid and deserving of respect
- We show respect by speaking one at a time, putting our phones on silent and staying engaged, even when we are not speaking
- In the interest of time, I may cut in to ask you to 'top-line' something if we need to move on. This means simply offer up a synopsis of your thoughts and speak in bullets, not paragraphs

Confidentiality

I would like a verbal from everyone that you are here of your own volition and out of respect for one another I would ask you to keep what others say in this room unless they give you permission otherwise. (go around and get verbal agreement). Further, you agree to adhere to the principles outlined already: to deliver your perspectives bound to the principles of respect, to **listen with humility and offer grace to others who are sharing this space.**



Personal Introductions

Please share your name, where you live. What do you think is the biggest impact on the environment (oil/gas, single use plastics, clothing, farming/meat, etc.)?

*****Remember to ask to record and PRESS RECORD*****

(2) Minimalism

25 - 30 min.

- How would you define minimalism?
- Do you feel you have too much stuff or not enough stuff? In what forms do you feel you have more stuff than what you really need? In what forms do you feel you don't have enough stuff?
- What is preventing you from cutting back on how much stuff you have?
- Is practicing minimalism a virtue?
- How important is minimalism to encouraging people to practice behaviors that can lead to a more sustainable environment, and why or why not?

(3) Fast fashion

25 - 30 min.

- How often do you buy new clothes?
- Have you ever bought an item of clothing and never worn it?
- How many clothes do you own and rarely or never wear any more?
- What do you do with clothes you no longer want?
- How would you define fast fashion?
- What are the positive and negative impacts of fast fashion?
- How serious a threat is fast fashion to a sustainable environment? Probe for examples of how fast fashion could be an environmental threat.

(4) Closing comments

5 - 10 min.

- Any additional comments or questions about sustainability or environmental threats?