

## SUSTAINABLE LIFESTYLE AND ACTION SPACE

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### ABSTRACT

This paper is about trying to change lifestyle. 28 individuals have been interviewed in connection with their participation in a unique project. The participants were committed to achieve a sustainable lifestyle and were therefore willing to enhance their knowledge on environmental problems such as carbon dioxide emissions and the causes of emissions. During the project the participants had a greenhouse gas profile made for them and they took part in seminars, field trips and read books. The interviews were carried out at the beginning of the project period and at the end of the project period. 9 individuals in the first interview session described their lifestyle in relation to consumption and the avoidance of carbon dioxide emissions. 21 individuals in the second session described the impact of the project and how they had and would be changing lifestyle and consumption habits and what they perceived as possibilities and limitations. The importance of beliefs, motivation, habits and action space is discussed in order to attain a sustainable lifestyle.

**Keywords:** Sustainable lifestyle, Action space, Lifestyle change, Beliefs, Habits, Carbon dioxide, Consumption