

# The BetterWorld Book

**Do One Thing  
For A Better World**

**Together we make a world of difference**

**[BetterWorldBook.org](http://BetterWorldBook.org)**

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**Do One Thing  
For a Better World...  
Together we make a world of difference.**

Do you wish for a better world?  
You are not alone!

There is so much going on to help make this world a better place  
that the mainstream media never shows us.

Many diverse movements for change have been converging  
into a more holistic, global movement for a better world.

This emerging movement does not belong to any one group,  
but together we are helping create

a more peaceful, just and sustainable world,  
one act of compassion at a time...

Every act of compassion makes a difference!

Do One Thing for a better world.

Together we make a world of difference.

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Do One Thing and Stop Dating Violence programs  
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*"Imagine all the people living life in peace...  
You may say I'm a dreamer,  
but I'm not the only one.  
I hope someday you'll join us,  
and the world will be as one."  
-- **John Lennon***

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*"If compassion was the motivating factor  
behind all of our decisions, would our world  
not be a completely different place?"*

**-- Sheryl Crow**

# **1. What if...**

Is peace on earth an impossible dream?

Before you answer, think about what it would be like if everyone really had a chance to have a good life.

What if we lived in a world where the rules really were fair for everyone?

What if the system was set up so that working for a more peaceful, just and sustainable world was the common goal that all families, communities, businesses and nations shared?

What if we taught our children the skills they needed to get along better with others and make the world a better place, instead of just how to 'get ahead'?

If it were easier to choose to do the right thing, wouldn't people be more likely to do it?

Maybe peace on earth is an impossible dream, but if we changed the rules, this world could be so much better.

So, why do we allow an unfair system to rule us by fear?

Why don't we work together to create a better world and bring hope!



*"So we must fix our vision not merely  
on the negative expulsion of war,  
but upon the positive affirmation of peace."  
-- **Martin Luther King, Jr.***

## **2. The Big Picture**

There are so many people and organizations working to try to make the world a better place. But there are so many different injustices, and people are so overwhelmed with just trying to live their own lives, that we don't see the 'bigger picture.' We only pay attention to these struggles for change when a particular cause affects us.

If we could look at the big picture, we would see that each of those issues is really a piece of a larger puzzle. They're all part of a wish for a better world. If we were to convince society to strive towards creating a better world, we would address all of the problems that endanger our future.

Perhaps peace on earth is an impossible dream. But a much better world is possible if we can convince the world to make it a priority. A better world is within our reach, because there is already a movement for change emerging all around us. In fact, it has been evolving throughout human history and it is on the verge of being recognized by the mainstream. We can work together to grow this movement and inspire others to join in and create a better world.



*"As citizen-activists the world over merge,  
they can become an irresistible force  
to create peace and protect the planet."  
-- **Dennis Kucinich***

### 3. The BetterWorld Movement

We can change the system by helping people see that there really is a movement for a better world all around us. It just hasn't been named yet.

This vast movement for change is not just an extension of the Antiwar Movement or the Anti-Globalization Movement. It is a "for a better world" movement, made up of thousands of diverse movements, like the environmental movement, civil rights movement, women's movement and human rights movement.

If we look back at the course of history, we can see how the many different movements for a better world have evolved and have helped us to get to this point. The goals of each of these movements have been converging, and a new holistic movement is emerging. We still have a long way to go, and alone, each movement is still struggling. But united in the realization that "every effort for a better world is part of our wish for a more peaceful, just and sustainable world" we can transform the system.

How can **you** join the BetterWorld Movement?

The BetterWorld Movement does not belong to The EMILY Fund or any one group or organization. All you have to do is decide to make 'a better world' your goal. Then reach out and find others to start a BetterWorld Club. BetterWorld Clubs is a free grassroots network. When you start a club locally, you connect to the global BetterWorld Movement.

Though sometimes 'a better world' may seem to be an impossible dream, you will never be alone in this wish. Together, as part of the BetterWorld Movement, we will do all that we can to try to make this dream come true. Is there any better goal for our lives?



*"We can work together for a better world with men and women of goodwill, those who radiate the intrinsic goodness of humankind."*  
**-- Wangari Maathai**

## **4. Living for a Better World**

What is 'a better world'?

In a better world, society's goal will be to make life better for everyone. Society will aim to create a system for living that is sustainable, fair and just, and the plan will include everyone. Every decision will be made with respect to all parties involved and with consideration about the future of our planet.

In a better world, every life will be valued. Everyone will have all that they need to live fruitful lives. Everyone will have the opportunity to better their lives and the lives of those they love.

In a better world, all will be taught peaceful, constructive ways to handle problems and get along with others.

A better world is all about community -- about working together, encouraging each other, helping each other to live better, more fulfilling lives. Most of all, a better world is about respect -- respect for ourselves, each other, and the planet we share.

When we convince the people and the nations of our planet to make 'striving for a better world' our priority and shared goal, we will transform our culture of fear and violence into a 'culture of peace and sustainability.' When this goal has become integrated into our laws and institutions, we won't even have to try to consciously think about working to create a better world -- it will be the most natural way to live.





*" I do believe there is enormous possibility  
to change this world."  
-- Nicole Kidman*

## **5. Goals & Obstacles**

The biggest obstacle for creating a better world is that "the system" that controls our lives does not have "creating a better world" as its goal. Because of this, instead of being citizens in a global community, we are seen by this system as merely consumers in a global economy.

We know the system isn't right, but our lives are too busy, and we feel too powerless to change things. The BetterWorld Movement will create a thriving BetterWorld Community, and help us realize that together we can change the system and create a better world.

Part of the problem is that most people won't let themselves think about the possibility of a better world. They don't believe it's possible to change the system, so they've given up hope. They don't see 'living for a better world' as a viable choice to make in their daily lives.

The primary goal of the BetterWorld Movement is to popularize the desire to create a better world, so that we are empowered to believe that we can work together to change the system. Our goal is to change society's attitude, so that a "better world lifestyle" will become a viable and preferable choice that people can make each and every day in everything that they do.

So many people are already doing so many things to make the world a better place, but we don't associate the acts of kindness and compassion that people share, with a wish for a better world. The BetterWorld Movement will help people see that when we work together, every act of kindness helps to create that better world we're envisioning.



*"My satisfaction comes from my commitment to  
advancing a better world."*

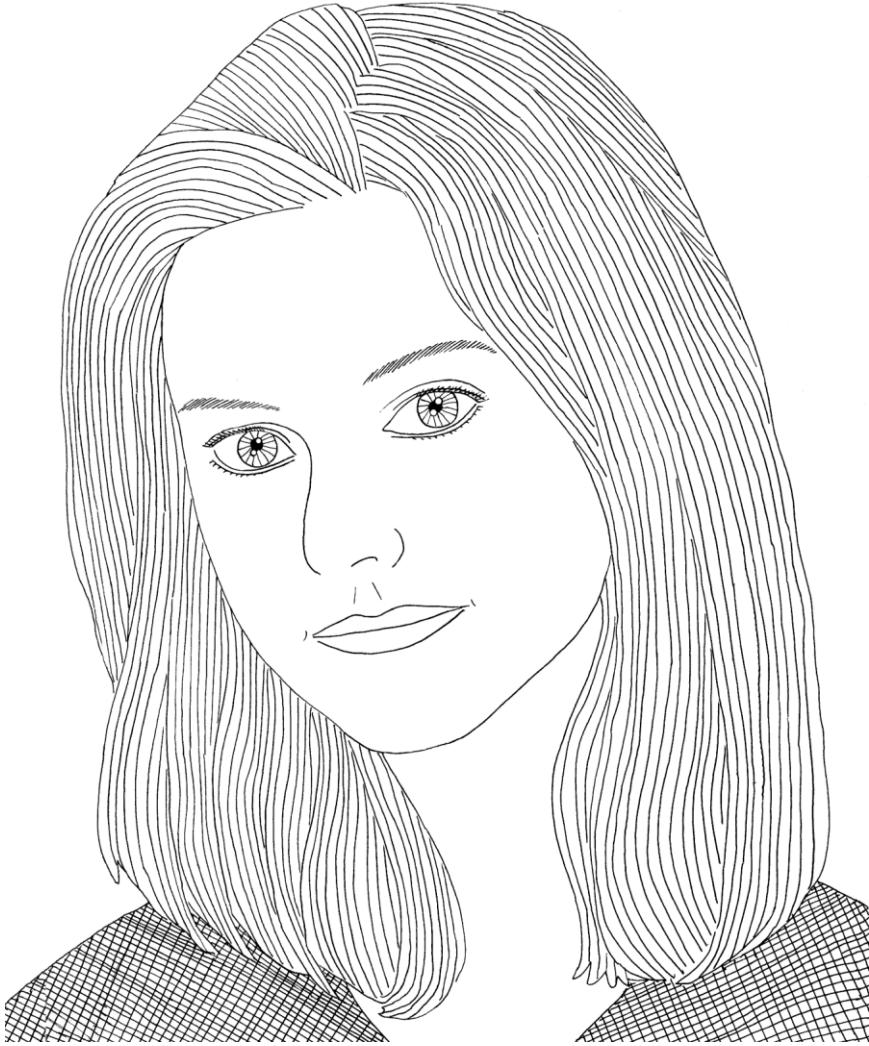
**-- Faye Wattleton**

## 6. A Better World Starts With Me

When we make the decision to create a better world, we are making a decision to change our lives. If we want society to make working for a better world its priority, working for a better world must be our priority, too.

Some will decide to dedicate their lives completely to this goal. But for most of us, there are little things that we can do each day to make our lifestyles more in line with our wish for a better world. These 'little' efforts will have a profound effect on our own lives. Our ***better world lifestyle*** will be an important role model for those around us. Together, as part of a coordinated BetterWorld Movement, the combined effect of these 'little efforts' by each of us will transform our society.

Living our lives more in line with a better world lifestyle is half of the equation for creating a better world. That's what the first half of this manual discusses. The second half of the book is about *spreading the message* that we can create a better world together. As we spread hope, the BetterWorld Community will grow and we will build the infrastructure to transform our society, so that working for a better world becomes society's priority as well.



*"...you can make little choices  
that can change the world to be a better,  
happier, lovelier place every day..."*

**-- Alicia Silverstone**

## **7. Better World Lifestyle**

A 'better world lifestyle' is choosing to live a life of balance.

It's about making changes that will help us to live more sustainable and peaceful lives.

It's learning to respect ourselves, each other and the planet we share.

When we choose to live for a better world, we strive to make our lives simpler. We try to make choices that conserve resources and protect the environment.

We strive to become peacebuilders, learning the tools that will help us to strengthen our relationships and get along better with others.

We strive to find the inner peace that we need to give us the strength to work for a better world, and keep ourselves centered on our goals.

A better world lifestyle is taking the opportunity to create a better world in the many "choices" that we make each and every day.

It isn't until we consciously stop and examine our lives that we realize there are many choices that we can make that will help to create a better world. Every choice makes a difference, no matter how small or insignificant it might seem at the time. The conscious effort to build a better world will open up more opportunities, and make it easier to make the right choices.



*"When you find peace within yourself,  
you become the kind of person who can  
live at peace with others."*

**-- Peace Pilgrim**

## **8. Inner Peace**

The most important role that we can take on in our effort to create a better world is to become peacebuilders.

We can only help make our lives and our world more peaceful, when we ourselves feel peace.

Peace already exists within each of us, if we only allow ourselves to feel its comfort.

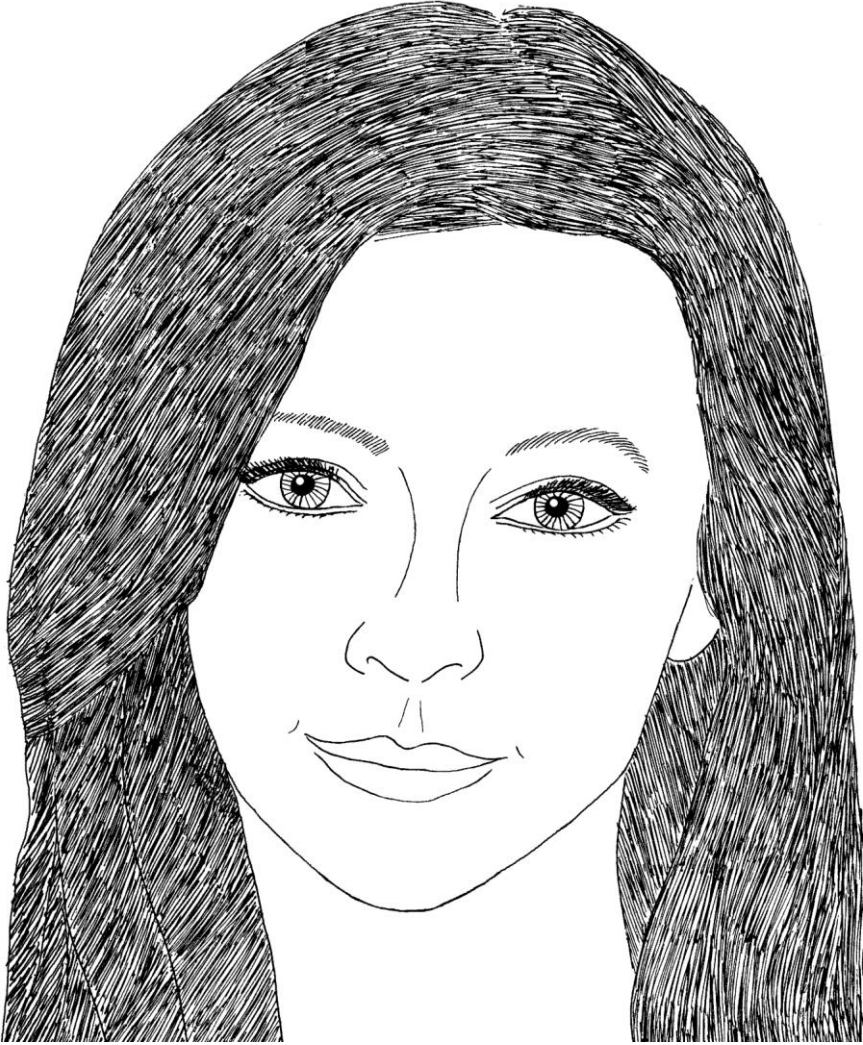
Peace of mind begins when we stop thinking about how far we have to go, or how hard the road has been, and just let ourselves feel peace.

Peace of mind gives us the strength to keep trying and keep walking along the path that we KNOW is right for our lives.

The life of a peacebuilder is a daily decision to refocus and rededicate ourselves to put *'creating a better world'* first in our list of priorities.

We refocus and rededicate our lives by allowing ourselves to feel inner peace so that we can once again see our greater purpose and know that our lives are making a difference. We are part of a movement that has worked throughout history towards humanity's greatest goal - creating a more peaceful, just and sustainable world.





*"I remind myself of the power of thought and how it's my obligation as a citizen (and student) of humanity to propel compassion."*

**-- Alyssa Milano**

## **9. Time Out for Peace**

Every word we speak and every action we make has the potential to change the direction of a relationship. Every moment is an opportunity to build bonds for a better world. The key is to be able to step back and monitor the things we say and do.

Whenever we feel overwhelmed by the amount that needs to be done, or caught up in a moment of anger, we need to take time out for peace of mind.

For some, prayer or meditation will be the way to refocus and remember our higher purpose. Simply stopping for a moment and taking a deep breath and counting to ten, is sometimes all that we need to pull us out of a situation so that we can pause, and refocus and restore the balance of purpose and direction.

When a moment is carrying your thoughts and emotions somewhere you don't want to go, stop, take a deep breath and slowly whisper "May Peace Prevail On Earth" a few times. This simple phrase will center you, and remind you that you are never alone in your wish for a better world. At any moment many others are sharing this universal wish all across the globe.



*"If you don't like the way to the world is,  
you change it. You have an obligation to change it.  
You just do it one step at a time."*

**-- Marian Wright Edelman**

## **10. One Step at a Time**

We can only proceed towards working for a better world one step at a time. But when we're not sure where that next step should be, it's time to focus on where we'd like to be.

When we can visualize how we would like our family life or our friendships to be, or how we wish things could be in our workplace environment, our schools, our communities, and our world, we will be able to find the paths that will most effectively lead us towards our goals.

When that feeling of being overwhelmed first begins, and we pause and return to our natural state of peace, we can ask ourselves whether there is anything we can do at this moment to bring us closer to where we would like to be.

If there is something we can do, we can make an effort to proceed in that direction. If there isn't, we remind ourselves that we can only take one step at a time towards a goal that we KNOW we will ultimately reach. We are walking the right path, and we are right where we should be at this moment.



*"In every community there is work to be done.  
In every nation, there are wounds to heal.  
In every heart there is the power to do it."  
-- Marianne Williamson*

## **11.**

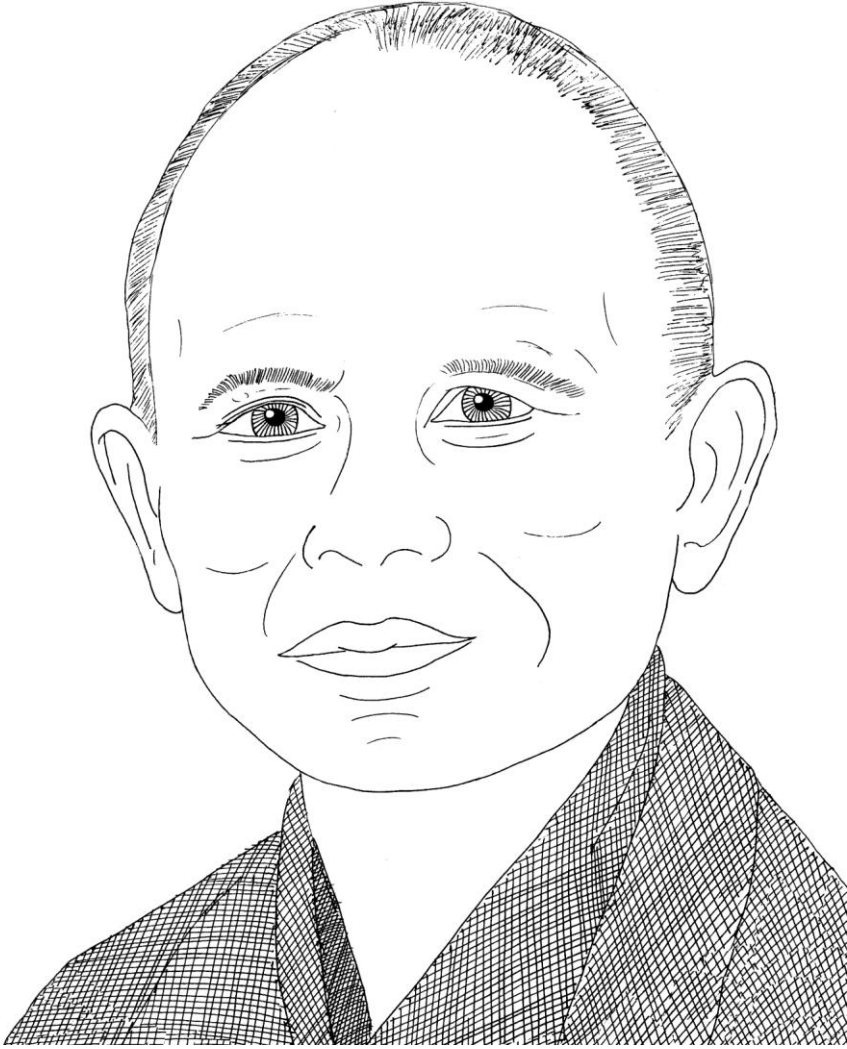
### **We Can Work It Out**

Conflicts will always happen, but the way we deal with them can make all the difference. We can choose to transform a potentially explosive situation into a time of growth. The basis of peaceful conflict resolution is realizing we are part of a community, and if we try, we can find a way that BOTH SIDES CAN WIN.

The first step to solving a problem peacefully is to AGREE to try to solve the problem. Both sides must agree to treat each other with respect. Each must have an opportunity to express their point of view about what the problem is. Both must listen and try to understand the other's point of view.

Then, both sides try to come up with as many possible solutions as they can, in which both benefit. Examine each possibility; then try combining some to see if any of the solutions would be practical and fair for both sides. Finally, come up with a specific plan that you agree to try to implement together.

It may take time and a lot of practice, but each effort to strive for peaceful relationships is a victory. As long as we don't accept defeat, and we resolve ourselves to keep trying to heal relationships that aren't flowing smoothly, we are winning the battle for a better world.



*"Every breath we take, every step we make,  
can be filled with peace, joy, and serenity. We need  
only to be awake, alive in the present moment."*

**-- Thich Nhat Hanh**

## **12. Live in the Now**

One of the most liberating tools is learning to let go. We carry so many burdens with us, from our childhood throughout our lives. We carry hurts about wrongs that were done to us. We carry regrets about things we wish we had or hadn't done. We hide these memories, but the hurt and regret can influence the way we think and interact without our even knowing it.

Some people let their pride destroy in one moment, a relationship that took a lifetime to build. Each side is waiting for the other to say that they are sorry. What we forget to realize is that often right and wrong is a matter of perception. Sometimes letting it go and saying "I'm sorry" will break down the walls and allow you talk constructively about the problem.

We often forget to live, because we're focusing on something that we wish to be. Or we're worried about something that lies ahead, and it distracts us so that we don't seem to be able to get any closer to where we want to be.

The key is to set our sites on where we want to be, but focus on where we are NOW, and take each step, moment by moment. The past is past. The future will come when it comes. We are here in the present. We can learn from the past. Where we can, we can try to mend our relationships and do what we can to build a better world. But where there is nothing we can do, we have to let it go. We have to let ourselves live, free of the burdens of guilt, and regret and anger. We can plan for the future, but we must live in the present and let go of anxiety and worries about what might be.





*"I never had come up with a really profound and strong gesture...So I figured the best thing I could do was live by my beliefs. That's probably the most profound thing that anybody can do."*

**-- Daryl Hannah**

## 13. Choices for a Better World

Because we don't yet live in a society that values working for a better world, we will have to make tough choices if we want to live a better world lifestyle.

Are there things that we do that help to perpetuate our culture of fear? For example, do we want to watch movies and television programs and play video games that glorify violence? Setting a good example in the way we act, treat others and how we deal with conflicts will take a lot of self-monitoring and a lot of work.

Until we can transform our societies so that we are all truly working to establish a better world and a culture of peace, we must be prepared to feel "different" and this will take a lot of courage.

But as the BetterWorld Movement grows and more and more people stand up for their *better world principles*, it will become easier to make the right choices.

If we want to focus our lives more deeply on the goal of creating a better world, it helps to submerge ourselves in thinking about a better world. Read books about a better world and better world heroes. Listen to songs about peace, justice, and environmental sustainability. Participate in better world activities. Surround yourself with thoughts of a better world, and it will be easier to focus on working to create it.



*"... if our humanity – our soul as a society –  
is overtaken by the materiel and cosmetic,  
there will be no hope of peace."  
-- **Robert Redford***

## **14. Living Sustainably**

Once we've made a commitment to try to make our lives and our relationships more peaceful, we can start to look at other daily choices we make. Is there anything we can do in our daily routines that will help us to create a better world?

In order to have a better world lifestyle, our lives have to be sustainable. Are we caught in the cycle of not spending time with our families because we are working too hard to get more things than we really need? Are the things that we buy made by people who work in safe conditions and are paid a living wage? Were they made in ways that didn't harm the environment or won't harm it when we're done with them?

There are many things that we can do with our investments and our purchases that will help change the system rather than reinforcing it. We can invest our money in socially responsible banks and funds. We can make a conscious effort to buy products made by businesses that respect the environment and treat their employees fairly. We can use our spending money to purchase renewable energy products to heat our homes and travel to work.

Our goal is to create a world where citizens, communities, corporations and nations work together in a responsible way. Where decisions are not based on how much things cost or how much profit can be made, but on the value that it adds to the lives of our citizens and employees, and its impact on the environment. This sustainable life begins when we make our own lives more sustainable.



*"Getting involved and finding a way  
should be as easy as buying a carton of milk."*

**-- Ami Dar**

*Action Without Borders  
([idealist.org](http://idealist.org))*

## **15. Better World Activists**

A Better World Lifestyle includes being a Better World Activist. When we think of 'activists' we often think of people who have dedicated their lives to a particular cause, and spend all their time *fighting the system*. But even if we spend just a few hours a week doing what we can to help alleviate human suffering and make the world a better place, we can make a real difference.

Volunteering in your community and giving to charities working to make the world a better place, are hands-on ways to create a better world. Remember, every effort for a better world makes a difference, because all around the world, millions of others are doing things, too. Do One Thing for a Better World – Together we make a world of difference! Check out [www.Idealist.org](http://www.Idealist.org) - to find local, national and international organizations working on specific issues for a better world.

It's important to let elected officials know your views when they're making important decisions that affect us all. When we work together, the silent majority can speak just as loudly as special interests that try to control the government.

[ActForChange.org](http://ActForChange.org), [TrueMajority.org](http://TrueMajority.org), and [MoveOn.org](http://MoveOn.org) provide ways that you can let our leaders know how we feel, often with just a simple click on your computer.

Get involved. We can change the system with practical acts for a better world.



*"The greatest gift we can give to our children  
is to raise them in a culture of peace."  
-- Louise Diamond*

## **16. Better World Families**

We can dream about a time when the human family will strive to get along and work together to create a better world. But most of us have our own families where our peacekeeping skills and better world lifestyle will be constantly tested. Creating more peaceful families can be one of the most rewarding and difficult tasks for a peacebuilder.

A family is one of the most basic models of what a better world can be like. And yet, like the world, most families don't feel connected because they forget or don't recognize the common goal they share that unites them. The members of a family are joined by bonds of love; they help each other meet all of their physical and emotional needs. A family that strives to become a Better World Family can help each member to feel more fulfilled and better about themselves and the world.

The first step to becoming a Better World Family is to decide to become one. It will be an ongoing learning experience with lots of mistakes. You'll need all of the tools you've learned as peacebuilders. You might decide to set a regular time to discuss and work out family problems and issues. You'll want to make sure that you show your concern and encouragement for each other, regularly. You'll need to let things go and apologize and accept apologies and make amends when apologies aren't enough. You're a team and you want to work it out. You may decide to work together on DO ONE THING projects for a better world as a way to strengthen your dedication.





*"Education is critical for people to become  
compassionate. If you don't know the problem and  
you don't know the reality, how can you help?"*

**-- Marla Ruzicka**

## **17. Teach a Better World**

In order for us to create a better world where we live in a culture of peace, the world must learn to live together peacefully. The BetterWorld Movement will show the world that WE WANT A BETTER WORLD and then help teach the world how to create it. Because we live in an often violent, profit-driven culture, it is hard to learn how to live for a better world. Better World Education - including peacebuilding and environmental education -- is desperately needed to help teach us how to live a better world lifestyle. Fortunately, many are helping to bring environmental awareness and peace education into our schools to educate the next generation for a better world.

Whether or not we have our own children, we can help. In our families, we can help raise peacebuilders by sharing our values and by setting a good example. We can help promote peace education, conflict resolution and environmental sustainability in our schools and advocate for legislation that promotes these tools.

Better World Education isn't just for the young. Adults need to learn about peace and sustainability, too. Young people can help teach adults the peacebuilding and sustainability skills and tools they've learned.



*"When the story of these times gets written, we want it to say that we did all we could, and it was more than anyone could have imagined."*

**-- Bono**

## **18. BetterWorld Clubs**

To create a better world, we must rebuild our communities. A community is a group of individuals who work together for the good of all members of the group. A community can be a family, friends, neighbors, a nation, or the world. Communities give us a sense of belonging and purpose.

Starting a BetterWorld Club is a way to build community and find fellowship, encouragement, guidance and direction in our lives as we work to create a better world. Your BetterWorld Club might consist of members of your family, your place of worship, classmates in school, friends and neighbors, or co-volunteers in a charitable organization. Or your BetterWorld Club might be a virtual one that you start on one of the many internet social networking portals, such as: Facebook.com, WiserEarth.org, Care2.com, Change.org and Idealist.org.

BetterWorld Clubs is a grassroots network. There is no registration fee. It is not centrally organized by any one group or organization, but when you start one, you are connected to the global movement for a better world.

Hold regular meetings. Discuss this book and your ideas for a better world. Have a House Party to introduce others to the BetterWorld Movement. Organize and work together on a local project or event to strengthen your BetterWorld Club and spread hope that a better world is possible.

**[www.BetterWorldClubs.org](http://www.BetterWorldClubs.org)**

## 19. Celebrate For a Better World

The first half of this book focused on living a better world lifestyle - finding inner peace and making daily choices to create a better world. The second half of this guide is about spreading the word to grow the BetterWorld Movement.

Peace protests, political rallies and boycotts have traditionally been crucial ways that people have tried to show that a better world is important to us. They will continue to be important tools. But we can also help unite our communities and inspire them to become excited about the goal of creating a better world by **celebrating** together.

Celebrating around ideas we can all agree on is an effective way to break down barriers and create an atmosphere of cooperation. Then we can better address and work towards resolving issues that prevent us from creating a better world together.

There are already many days of celebration for a better world, such as Peace Day on September 21, End Racism Day on March 21 and End Hunger Day (World Food Day) on October 16. These events are opportunities to *DO ONE THING for a Better World* and raise awareness about our wish for a better world. BetterWorld Clubs can help our communities by working with local charities to sponsor BetterWorld Fairs and Festivals and Concerts on BetterWorld Days. By celebrating BetterWorld Days we will unite the many diverse movements for change into a coordinated BetterWorld Movement.

## BetterWorld Calendar

January 1	One Day In Peace
3rd Mon in January	MLK Day of Service
Jan 30 - April 4	Season for Nonviolence
February	Black History Month
February	Dating Violence Awareness
March 1	Renewable Energy Day
March 8	International Women's Day
March 21	End Racism Day
March 22	World Water Day
April 7	World Health Day
April 22	Earth Day
2nd Sat in May	Fair Trade Day
May 22	Biodiversity Day
June 20	Refugee Day
June 26	End Torture Day
1st Sat in July	Co-Op Day
July 17	Justice Day
August 6	Hiroshima Day
August 12	International Youth Day
September 21	Peace Day
October 4	World Animal Day
October 16	World Food Day
October 18	Media Reform Day
October 24	United Nations Day
November 13	World Kindness Day
November 16	Tolerance Day
December 1	World AIDS Day
December 2	End Slavery Day
December 5	Volunteer Day
December 10	Human Rights Day
December 31	World Spirituality Day

**Links and resources for over 75 action days at:  
[www.DoOneThing.org/calendar](http://www.DoOneThing.org/calendar)**



*"...it fills you with such hope and admiration to even be part for a short time in a community where people have connected to strangers to try to put out a hand."*

**-- Susan Sarandon**

## **20. Better World Fairs & Festivals**

Organizing a BetterWorld Assembly at a local school or a BetterWorld Fair at a school, community center or place of worship is a community-building experience. Your BetterWorld Club can invite organizations that are working for change to participate with a booth or activity. A BetterWorld Fair spreads the message that WE WANT A BETTER WORLD but it can also be fun, with music, games and arts & crafts.

The preparations to create your BetterWorld Fair provide an opportunity for free newspaper, radio and television coverage, so that your message of CELEBRATING FOR A BETTER WORLD will be shared and spread. A BetterWorld Fair can also raise money for a local charity or a national organization that is helping to make the world a better place.

Preparing for a better world festival also promotes creativity and expression as ways to share a wonderful message. A contest in schools can encourage children to write and draw about what creating a better world means to them. Putting their works on display gives the children, their parents and the community a feeling of pride. Artists, musicians and artisans will be encouraged to focus their creative efforts to create works that promote peace, compassion, justice and equality.





*"Older, younger, anyone can help.  
We've learned that our legislators listen,  
and people with passionate and thoughtful concerns  
make a difference every day."  
-- **Doris Day***

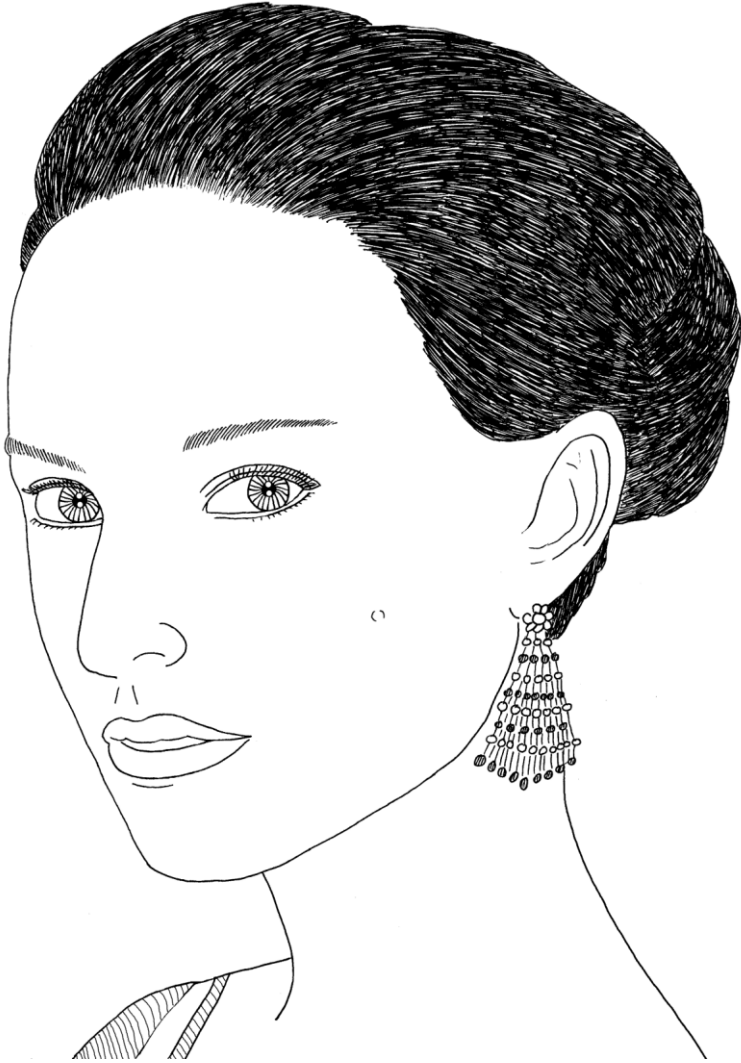
## **21. Letters For a Better World**

Planning for a BetterWorld Fair provides a perfect opportunity to write Letters to the Editor of your local paper about the DO ONE THING project, the BetterWorld Movement, and why peace, justice and sustainability are important, while tying in the upcoming event.

You can also use this powerful tool all year round by writing letters to the editor about other timely local, national and global events, activities or occurrences, and relating them to a wish for a better world.

Writing letters to your elected leaders is also a valuable tool to bring about change. When people work together on letter campaigns to their local, state and federal government representatives, it can make a real difference.

Your BetterWorld Club may also decide to sponsor a contest in a local school to invite students to write to the Mayor, Governor or President. Letters from children can get even more attention, and it can be an empowering experience for young people to know that their voices can be heard.



*"Social networking is playing a huge role in creating awareness and mobilizing support for all kinds of common interests. What better way to use this remarkable tool than to change the world?"*

**-- Natalie Portman**

## 22. Spread the word

There are many things you can do to spread the message that when we DO ONE THING we are helping to create a more peaceful, just and sustainable world.

Start or join an online BetterWorld Club on an internet social network such as Facebook, WiserEarth.org, Change.org and Idealist.org.

Share The BETTER WORLD BOOK with everyone you know.

Make a creative DO ONE THING video about what you're doing for a better world or your ideas for growing the BetterWorld Movement and upload it to YouTube and the DO ONE THING Facebook page.

Share DO ONE THING Cards to help inspire others.

Buy a rubber stamp with "DO ONE THING For A Better World - DoOneThing.org" and stamp every piece of mail you send.

Hang a peace or other better world flag or banner on your window or flagpole.

Plant a Peace Pole with the message "*May Peace Prevail On Earth*" in your garden or have a community peace pole dedication at your local school, place of worship or city hall.

Buy products with a better world message and be a walking advertisement for the DO ONE THING project and the BetterWorld Movement.

Sign every letter, "For a better world, " instead of "Sincerely,".

Find ways to incorporate your wish for a better world into every thing that you do.

**[www.DoOneThing.org](http://www.DoOneThing.org)**



*"We could dramatically accelerate innovations in sustainability and social justice just by making choices to use our money for positive solutions."*  
**-- Carol Newell**

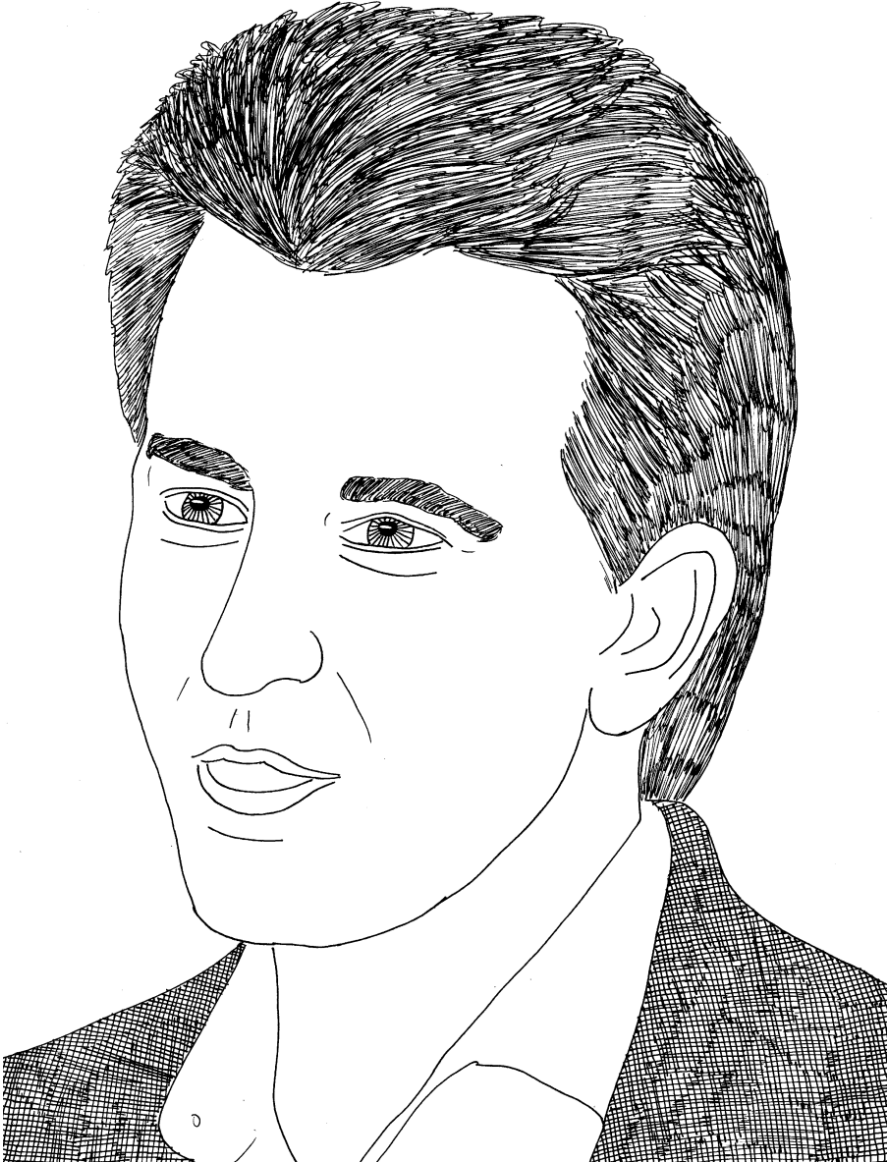
## **23. Better World Economy**

The global economy is a runaway train that is causing more and more suffering in the world. The current 'profit before people' system is causing the gap between the very rich and the very poor to grow larger each year.

In order to transform the global economy into a true global community, we need to create a Better World Economy - an economic system that gives value to other commodities besides money. Then we can create more sustainable local, national and global communities.

If it keeps going the way it's going, the global economy will eventually collapse, causing widespread devastation and suffering. But there are many things we can do to change the economic system before a catastrophe.

Money, when used for good, can help change the world. Put your resources to work for a better world. Be conscious of the way you spend your money. Purchase Fair Trade products - products that are supplied by workers and growers who are paid fair wages, and work in safe conditions. Demand corporate responsibility -- with our purchasing power, we can force corporations to manufacture and distribute their goods in ways that respect workers and protect our planet. Take a bite out of corporate control by getting money out of politics.



*"A society cannot survive, let alone thrive,  
if it exempts its most influential and pervasive  
institutions [corporations]  
from all notions of morality."*

**-- Jeffrey Hollender**

## **24. Better World Industry**

One way to transform the global economic system is to create a Better World Industry to rival the huge infrastructure that is in place for our culture of violence and profits-before-people.

The Better World Industry will promote products and practices that show that not only is creating a better world desirable, but it can be profitable. Then, creating a better world will become popular. Then, creating a better world will become an accepted option and goal for individuals and society. Once this happens, corporations will adopt better world practices in order to win customers' business. Eventually, all businesses will become better world businesses or they won't be able to survive.

Products that currently promote a better world include the "green" products and services that promote the well being of planet earth, as well as renewable energy alternatives. (Check out Co-Op America's [GreenPages.org](http://GreenPages.org) for lots of "green businesses" as well as The Better World Shopping Guide – [BetterWorldShopper.org](http://BetterWorldShopper.org).) The Better World Industry includes companies like Working Assets and Newman's Own which use profits to help create a better world.

If you are an entrepreneur or business owner, help the BetterWorld Movement to grow by offering products and services that promote a more peaceful, just and sustainable world, and let the world know that you are helping to grow the BetterWorld Movement. Creating a Better World can be profitable. A thriving Better World Industry will transform the global economy.





*"No matter what people tell you,  
words and ideas can change the world."  
-- **Robin Williams***

## **25. Envision a Better World**

Humanity has a rich wealth of creative works - art, music and stories - that have been passed down and treasured from generation to generation. At no other time has the creative spirit been encouraged so much as it is today. Entertainment artists are our biggest heroes and idols. They can influence our emotions and our perceptions of the world.

But what are the underlying messages in the works that we treasure. Do they encourage humanity to create a better world? With all of the millions upon millions of "stories" that have been created by human imaginations, why don't we have a large body of work that shows us what "peace on earth" could be like? Why do most depictions of utopia describe a world that we would fear or find boring? Why are they often warped and distorted?

If only we could have literature and music and art that would inspire and encourage us and show us how wonderful peace on earth could be, perhaps we would be more excited about working together to create a better world.

If you are a writer, artist, musician or filmmaker, and you dream of a world at peace, please use your creativity to help create a better world.



*"Our goal is to empower as many people as possible to take simple, effective actions in their daily lives that will make the world a more just and sustainable place."*

**-- Ellis Jones**

*"The Better World Shopping Guide"*

*"The Better World Handbook"*

## 26. Better World Blueprints

One of the goals of the BetterWorld Movement is to supply society with the blueprints we will need to create the infrastructure for a better world.

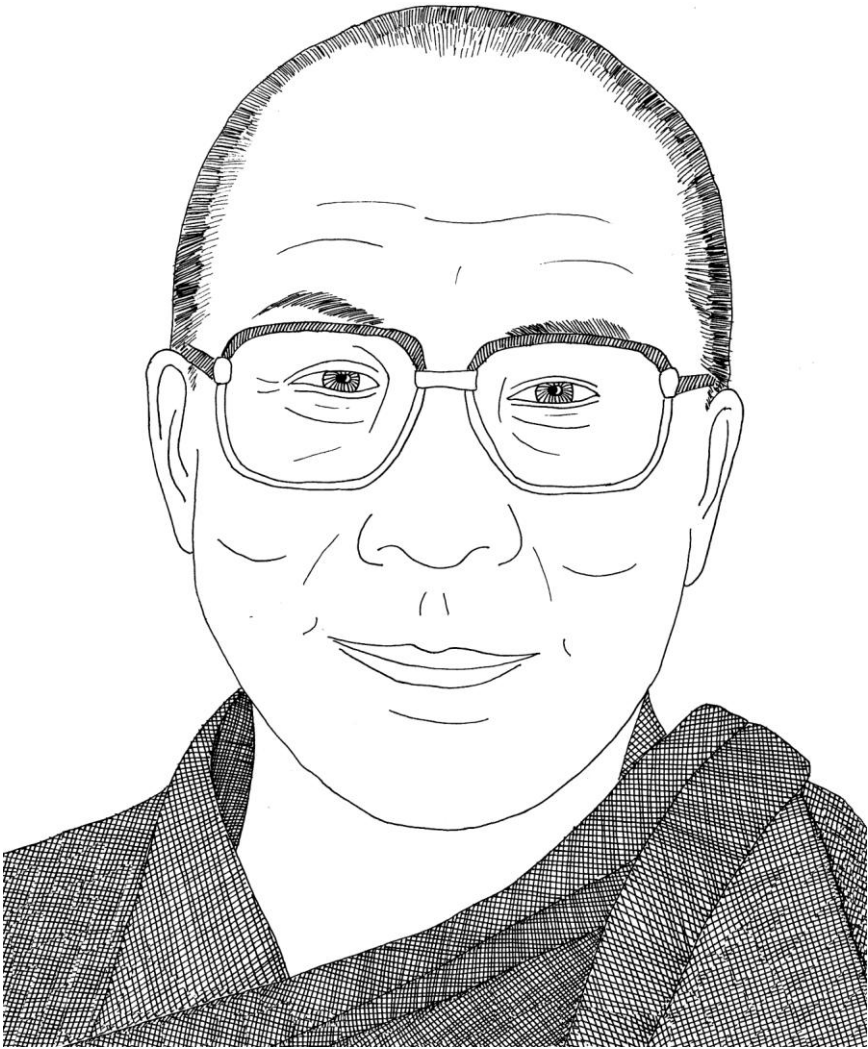
Many documents have been created as attempts to lay out in a concrete way the conditions that are necessary to create a better world. The United Nations' Declaration of Human Rights, for example, is still a shining example of how we should be treating each other.

The Earth Charter was produced after thousands of individuals collaborated for more than ten years. It sets forth a wonderful blueprint for a more peaceful, just and sustainable planet.

Dr. Robert Muller (former Assistant Secretary General under three Secretary Generals at the United Nations) has 5000 Ideas & Dreams for a Better World on his website that will continue to inspire other visionaries and leaders of the better world movement for generations to come. ([www.RobertMuller.org](http://www.RobertMuller.org))

The Better World Network's ***Better World Handbook*** ([BetterWorldNetwork.org](http://BetterWorldNetwork.org)) provides an extensive look at the problems facing our world, and hands-on ways that we can solve these problems and create a better world.

**BetterWorldBook.org**



*"I believe that individuals can make a difference in society. Since periods of change such as the present one come so rarely in human history, it is up to each of us to make the best use of our time to help create a happier world."*

**--Tenzin Gyatso  
The 14th Dalai Lama**

## **27.**

### **IMAGINE A BETTER WORLD**

Imagine a world where nations never war.  
Where no more weapons are fired any more.  
Imagine a world where people do what's right  
And the rule of law is stronger  
than the rule of might.  
Imagine a world where everyone has all they need.  
Where kindness and compassion  
are taught instead of greed.  
Imagine a better world...Imagine peace on earth!

Imagine a world where the global economy  
is based on what's best for all earth's communities.  
Where beauty and art and the media inspire  
The best in all, and lift our spirits higher.  
Imagine a world where science and technology  
Serve only to bring out the best in humanity.  
Imagine a better world...Imagine peace on earth!

Imagine a world where no child is left behind  
Where children everywhere  
are free to educate their minds.  
Imagine a world where tolerance and diversity  
Are the golden rule that guides humanity.  
Imagine a world where people don't neglect  
The beauty of the earth, and treat it with respect.  
Imagine a better world...Imagine peace on earth!

Based on Pathways To Peace's  
"Imagine A World"  
[www.PathwaysToPeace.org](http://www.PathwaysToPeace.org)



*"Nothing can stand in the way  
of the power of millions of voices calling for change."  
-- Barack Obama*

## **28. Better World Institutions**

The BetterWorld Movement will create institutions that will provide an infrastructure that will help make striving for a better world easier. But a firm foundation has already been established.

The United Nations has shone as humanity's greatest hope for a more peaceful, just and sustainable world for over sixty years. It has helped to promote human rights, freedom and democracy, erase poverty and hunger, improve health and education, and urge the governments of the world to work together in peace. But the UN can only do what governments allow it to do.

Across the globe, a people's movement has been growing to convince governments to help the UN in its goals and to allow the UN to work more closely with civil society in solving the planet's problems. People's Assemblies have convened at the UN and in local gatherings around the world.

In the US, a grassroots campaign is spreading in support of a cabinet-level Department of Peace. An international movement for Ministries of Peace is also growing. You can help convince your leaders to make 'creating a better world' a national priority by creating these government institutions for peace.

Socially responsible investing has made tremendous strides towards influencing our current economic institutions. Helping to promote a better world economy will greatly accelerate the transformation of these institutions, which will have a profound effect in establishing the infrastructure for many other better world institutions in media, entertainment, education and many other fields.





*"We, The World is dedicated to bringing about a new vision of a world where every life matters. In this world, societies are organized to cultivate holistic health of body, mind and spirit in which individuals look upon themselves and all other life with compassion, caring, cooperation and goodwill."*  
**-- Rick Ulfik, We The World**

## 29. BetterWorld Projects

The EMILY Fund is not the only nonprofit organization helping to grow a holistic movement for a better world. Action Without Borders (Idealist.org), The Better World Network We, The World and many others are working to unite the many existing movements for change, in order to create an alternate paradigm that everyone can easily plug into. One of our goals is to help convince individuals, corporate sponsors and foundations to invest in nonprofits that are working to create this alternate paradigm that is emerging.

People donate to nonprofits, hoping their money will be used to help make life better. But there are SO MANY worthy causes that people often feel overwhelmed by solicitations for donations.

Most of the causes that nonprofits promote are extremely important, valuable, and often urgent calls to address an immediate need or injustice. But the millions of important causes are mostly symptoms of a system that isn't working properly. If society decided that working to create a better world was a priority, ALL of the injustices that nonprofits are working to address would be addressed as well.

Every dollar that philanthropists and individuals give to organizations that are helping transform society's **attitude** about 'creating a better world', actually helps millions of individual causes as well. Popularizing a wish for a better world is the ONLY WAY that we can truly transform society, because only then can we address the root causes that perpetuate the current broken system.

**WeTheWorld.org**



*"We have always held to the hope, the belief, the conviction that there is a better life, a better world, beyond the horizon."  
-- **Franklin Delano Roosevelt***

## **30.**

### **Questions & Answers**

What will a more utopian world that strives for a better world be like, economically and politically?

Will we be able to transform the global economy into a more fair, just, equitable and accountable system before there is a complete global economic meltdown?

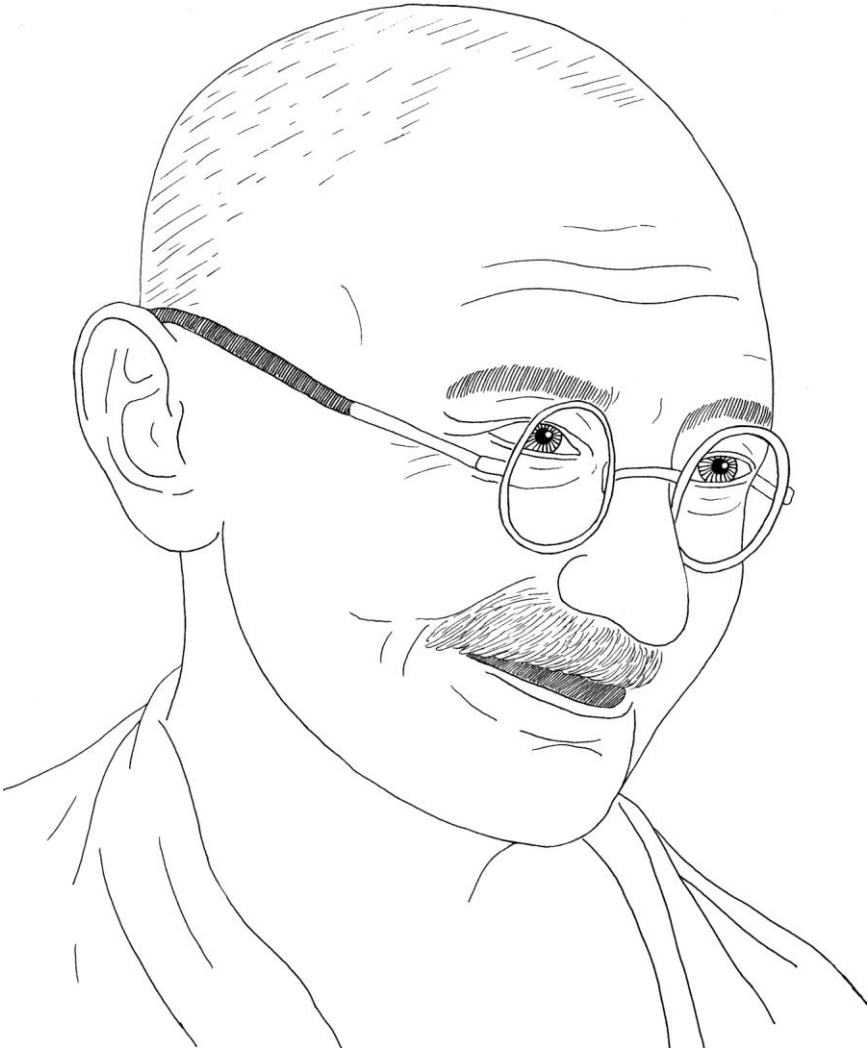
Will a multinational political party arise with the goal of working for a better world as its platform?

What role will the United Nations serve in the future? Will it become more democratic, and an even more vital force in helping to establish and maintain peace, justice and sustainability in the world?

How can we abolish war when powerful individuals and multinational corporations reap tremendous profits from the war industry?

As we strive toward more harmonious relationships between nations in our interconnected global community, how can we ensure more participatory democratic processes that demand more accountability for our leaders to serve their citizens, not special interests and multinational corporations?

Is a better world really possible? Once you've allowed yourself to imagine what it could be like, and you've opened your eyes to the reality of all that IS being done to create a better world, it's much easier to have hope, despite all the questions and hurdles. DO ONE THING and be a hero for a better world. Every act of compassion makes a difference when we work together for a better world.



*"Be the change you wish to see in the world."*  
**-- Mohandas K. Gandhi**



**All of the proceeds from the sale of this book  
benefit The EMILY Fund's  
Do One Thing and  
Stop Dating Violence programs.**

**[BetterWorldBook.com](http://BetterWorldBook.com)**