



INSTITUTE FOR
HUMANE EDUCATION

MOGO Online Daily Exercises – Two Samples

Day 1 – What will you say about your life?

Introspection: Imagine that you are very old. You're sitting on a park bench in a beautiful setting, breathing clean air on our now peaceful world. The greatest challenges of your lifetime (pollution, war, poverty, hunger, genocide, animal cruelty, global climate change, etc.), have been largely solved. A child walks up to you and sits beside you. The child says that in history class they've been learning about those difficult times, and the child asks you, "What role did you play in helping to create the world we have today?"

What do you want to be able to tell this child?

Day 10 – Assess a purchase

Integrity: Think of an item that you want to buy. Ask yourself the following questions, and write down your responses

- Is this item a Want or a Need?
- How much will I use it? How long will it last?
- Could I borrow it? Make it? Do without it?
- Will having this item add meaning and joy to my life?
- Is purchasing this item the best way to care for myself and the environment?
- What is the true cost of this item to: My health and well-being? The environment? Other people? Other species?
- What will happen to this item when I'm finished with it?
- If this item is a need, how can I acquire it in a way that is MOGO?