



5R is dependent on the rethinking. It is that moment of pause, that hesitation to throw out something that still has value; it's the recognition of that value, that creates change. While it may take practice, as most habits don't develop overnight, over time an individual's conscious efforts may become part of person's character. Living a life, that supports sustainable practices, may influence others to do the same, as there are many long-term benefits in doing so. In order to reap the benefits though, it takes the willingness to change for the better.