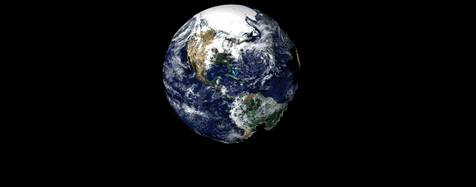
**Ecological Footprint:**

Today, humanity's **Ecological Footprint** is over 23% larger than what the planet can regenerate. In other words, it now takes more than one year and two months for the Earth to regenerate what we use in a single year. We maintain this overshoot by liquidating the planet's ecological resources.

By measuring the Ecological Footprint of a population (an individual, a city, a nation, or all of humanity) we can assess our overshoot, which helps us manage our ecological assets more carefully. Ecological Footprints enable people to take personal and collective actions in support of a world where humanity lives within the means of one planet.

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**The Challenge and the Goal: *Sustainability***

Sustainability is a simple idea. It is based on the recognition that when resources are consumed faster than they are produced or renewed, the resource is depleted and eventually used up. In a sustainable world, society's demand on nature is in balance with nature's capacity to meet that demand.

Humanity's demands exceed our planet's capacity to sustain us.