Energy has allowed us to move from a life of subsistence to high levels of well-being, but this has been achieved at the expense of transforming the natural environment, depleting resources and affecting the climate in a way that may come to have a large impact on society. This is why it is necessary to reduce the energy system's impact, to increase the efficiency of energy transformation and transport, to reduce end-use energy consumption, and to use the types of energy with the lowest impact. Recent studies prove the feasibility of energy consumption that is based entirely on renewable sources. The National Agreement on the Energy Transition of Catalonia should be implemented without further delay and the government should take firm action to ensure that all policies take energy into account and contribute to the achievement of the goals set for energy transition, the fight against climate change and the protection of nature.