

## EDUCATIONAL

	Educated a friend/family member about recycling/composting.
	Attended a sustainability webinar/workshop/educational opportunity.
	Spoke with a colleague about one of my favorite "green" brands and explained why they are considered more sustainable than an alternative.
	Read a digital article from a sustainability newsletter or blog.
	Watched a documentary about the food industry or the state of the environment.
	Told a friend about a business I like that practices sustainability efforts.

## ENERGY CONSERVATION

	Switched my home energy plan to demand-based pricing.
	Switched my home energy to support renewable energy.
	Replaced dryer sheets with reusable dryer balls.
	Wore more layers instead of using a space heater.
	Switched my phone to dark mode.
	Set home thermostat to reduce usage during the day.
	Dried my clothes on a rack instead of drying them in a dryer.
	Unplugged my electronics when not using.
	Washed my laundry using cold water.
	Replaced my lightbulbs with LEDs.

## GROUP/INDIVIDUAL ACTION

	Donated to an environmental action organization.
	Called an elected official to voice an opinion on sustainability.
	Took my name off 5 "junk mail" lists.
	Didn't buy any new "stuff" this month.
	Brought my reusable straw/utensils.
	Took the stairs rather than the elevator.
	Picked up trash instead of walking by it.
	Mended a piece of clothing instead of throwing it away.
	Bought used rather than new clothes.
	Reused/repurposed a household item rather than tossing/recycling it.
	Took a moment to be thankful for my access to clean, potable water.
	Switched a commonly ordered item with a more sustainable option.
	Donated unwanted supplies or clothing to a second-hand store.
	Purchased environmentally friendly cleaning supplies or made my own.
	Volunteered at a local organization.

## WATER CONSERVATION

	Turned my water heater thermostat down to 120° F.
	Shortened my shower by one minute every day this week.
	Turned off water while brushing my teeth.
	Added a sand-filled bottle to the tank of my toilet to reduce water use.
	Completely filled the dishwasher and clothes washer before running them.

## CARBON FOOTPRINT

	Walked where I needed to go.
	Rode a bike instead of driving.
	Took public transit.
	Carpooled with a colleague who lives near me.
	Signed up for paperless billing.
	Switched my print settings to default to black and white.
	Sent/viewed business documents digitally, rather than printing.
	Bought a plant/seedling from a locally owned nursery.
	Walked, scootered or rode a bike to run an errand instead of driving.
	Switched something operated by batteries to rechargeable ones.

## FOOD/MEALS/PACKAGING

	Ate a meatless meal (perhaps for Meatless Monday).
	Used beeswax wrap or reusable containers instead of plastic wrap.
	Switched to using cloth napkins for my meals.
	Asked for "no utensils" when ordering delivery from a restaurant.
	Brought my own food container for leftovers at a restaurant.
	Shopped with reusable bags for all my groceries this month.
	Joined a community garden.
	Grew a portion of my own food.
	Purchased food in bulk instead of buying individually packaged item.
	Ate all vegetarian meals for a day.
	Started a home compost bin.
	Shopped at a farmers market.

## WORK

	Switched my print settings to default to double-sided.
	Replaced single use dining/drinkware with reusable.
	Changed one office procedure from "paper" to "digital".
	Requested sustainable packaging when I ordered products.
	Brought my own coffee mug or water bottle to work.
	Took notes at a meeting digitally instead of bringing a notebook.
	Avoided using sticky notes for a day.
	Switched off all lights in an empty room at the end of the day.
	Created a location to save scrap paper and reuse it.
	Added a plant to my workspace.