



the beacon
21-DAY KICKSTARTER PLAN

	SUNDAY <i>know you can't go it alone</i>	MONDAY <i>think beyond your age</i>	TUESDAY <i>see energy in a new light</i>
WEEK 1	Start an honest conversation with a friend or family member about climate action and your concerns for the future.	Ask a member of another generation for a book recommendation. Discuss how that piece of literature impacted them and inspired change.	Research climate justice and donate to clean energy programs in lower income communities.
WEEK 2	Create a presentation on an environmental issue you're passionate about. Share at your place of worship or community organization, or with friends on social media.	Watch an environmental documentary you enjoyed with your family or friends. Invite someone younger or older than you to join. Lead a discussion afterward.	Challenge your office, friends, or community organization to see who can avoid using cars for one week through walking, biking, or public transportation.
WEEK 3	Get a group of friends to go to your next school board meeting. Testify about the importance of climate change education and readiness in school curriculum.	Take ten minutes to learn more about Fridays for the Future. Plan to attend a Gen Z climate rally or climate justice event.	Give a talk at a local school or community organization, or post online about climate solutions.

WEDNESDAY

understand that you are what you eat

THURSDAY

protect the source

FRIDAY

vote with your wallet

SATURDAY

love your mother (earth)

<p>Google “regenerative agriculture” and learn how it can help create a better future. Write an op-ed for your local paper about it.</p>	<p>Challenge your friends to carry a reusable water bottle.</p>	<p>Start a conversation about a sustainable brand you support.</p>	<p>Research the history of your favorite national park or natural area. Discover its connection to Native American culture and share what you learn.</p>
<p>Write an op-ed or email your member of Congress about promoting sustainable agriculture and conservation.</p>	<p>Look up your water utility’s next board meeting. Make a plan to go with friends and express your support for strong drinking water protections.</p>	<p>Host a backyard clothing swap and share the environmental benefits of using secondhand clothing.</p>	<p>Take a short walk outside. Engage all five senses as you connect with nature.</p>
<p>Research food justice and food deserts. Support a local organization that is creating better access to healthy food for BIPOC communities.</p>	<p>Encourage friends to join you in donating time or money to a water conservation program or favorite nonprofit.</p>	<p>Call the consumer hotline for a company that you think needs to switch to more sustainable packaging.</p>	<p>Advocate for accessible green space in your community by contacting local leaders and educating friends.</p>