



the sage
21-DAY KICKSTARTER PLAN

SUNDAY

know you can't go it alone

MONDAY

think beyond your age

TUESDAY

see energy in a new light

WEEK 1

Plan to travel with a friend to a favorite natural area and meditate or pray.

Spend time outside with an older family member or friend for a visit, walk, or hike.

Share about the challenges of global warming in developing countries with your community or congregation.

WEEK 2

Call a friend you haven't talked to in a long time. Ask how they are doing. Make a plan to call them again.

Schedule a family Zoom call to talk about positive stories on social change. Share your thoughts on climate action.

Learn more about climate justice and host a community conversation about energy equity.

WEEK 3

Plan a Volunteer Day at a community environmental organization, camp, or service organization that connects faith, spirit, and service.

Talk to a Gen Zer about connecting to the outdoors and spirituality. Ask them about climate change. Or share your thoughts with someone older.

Inspire and lead your place of worship to consider investing in renewable energy sources for the facility.

WEDNESDAY

understand that you are what you eat

THURSDAY

protect the source

FRIDAY

vote with your wallet

SATURDAY

love your mother (earth)

<p>Practice mindful eating to reflect on the importance of food as fuel.</p>	<p>Meditate by a body of water—a river, stream, lake, or ocean.</p>	<p>Go to a farmers market and thank a local farmer. Show them gratitude for their support of the community.</p>	<p>Visit a local park to enjoy public lands. While there, meditate and listen for the sounds of nature.</p>
<p>Have a conversation about the importance of plants as food and how our food is grown.</p>	<p>Observe the use of water in your home or neighborhood and list ways to reduce excess usage.</p>	<p>Commit to buying nothing today.</p>	<p>Take fifteen minutes to learn about faith-based environmental organizations, and introduce your community to those that align with your values.</p>
<p>Organize a plant-based potluck in your community to celebrate the power of food and togetherness.</p>	<p>Email, speak, or call on your congregation or community to support strong drinking water regulations and funding for water utilities.</p>	<p>Skip the takeout this week. Be mindful as you prepare your meals, and say a prayer or note of gratitude before you eat.</p>	<p>Go outside for ten minutes. Listen to the birds, check out the squirrels, or hang out with a family pet. Think about what you've learned about compassion from animals.</p>