



the influencer
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

Advocate for accessible green space in your community by contacting local leaders and educating friends.

Host an intergenerational book club that discusses current events, climate change, technology, and the future.

Share information about your favorite climate solution (e.g., weatherizing your home, community solar gardens, etc.).

WEEK 2

Encourage friends and family to talk about what compassion means to them.

Tell someone in another generation about your feelings on the climate crisis. Ask them to share what they know.

Write down three ways you could save energy, and educate your family or friends on how they can help.

WEEK 3

Look for examples of compassion in your community, take a picture, and share on social media (e.g., a community garden).

Talk with someone who remembers the Nuclear Freeze Movement, or share your experience with a younger person. Discuss how positive change is possible.

Call or email your utility and ask about its clean energy portfolio. Share what you learn on social media. Be sure to use the hashtag #onegreenthing.

WEDNESDAY

*understand that you
are what you eat*

THURSDAY

*protect
the source*

FRIDAY

*vote with your
wallet*

SATURDAY

*love your mother
(earth)*

<p>Try out a new plant-based recipe and post it on Instagram or TikTok, or encourage friends to start a plant-based potluck or recipe exchange.</p>	<p>Use your social media platform to share information on organizations that support clean water and reduced water usage.</p>	<p>Make a list of the top five sustainable products you buy and encourage your friends to check them out.</p>	<p>Take ten minutes to research an endangered species. Share what you learn on social media. Email the appropriate agency to urge them to protect its habitat.</p>
<p>Share about the importance of soil health and its relationship to the foods we eat.</p>	<p>Call the mayor's office or your city council to urge them to protect local streams and waterways.</p>	<p>Give sustainable gifts promoting green living, or skip gifts and choose experiences or donations over stuff.</p>	<p>Share resources on how to support public lands and how development pressures and climate change are impacting wildlife.</p>
<p>Inspire others to think about food waste in new ways—composting or menu planning to use leftovers and reduce waste.</p>	<p>Look up the water quality in your zip code. Urge your mayor, city manager, or other local leader to provide strong funding to ensure clean drinking water.</p>	<p>Declutter and then "audit" your home to see if you can make more sustainable swaps for household items.</p>	<p>Google the best walk, park, or birdwatching spot in your neighborhood. Plan a trip and encourage your family and friends to join you.</p>