#ONEGREENTHING
7-DAY ACTION PLAN
Influencer

THE INFLUENCER ALWAYS KNOWS THE LATEST TRENDS ON SUSTAINABILITY & ENVIRONMENTAL ACTION. SHares INFORMATION & EVENTS WITH FRIENDS. INTRODUCES FRIENDS & MOTIVATES THEM TO TAKE ACTION.

**DAY 1**
THINK BEYOND YOUR AGE
Ask a teenager or young adult you know if they know what eco-anxiety is. Ask them if they’ve experienced stress from climate worry. Listen to their concerns and offer to support them through action.

**DAY 2**
KNOW WE CAN’T GO IT ALONE
Invite a friend or neighbor on a walk in a local park. Talk about your community, green space, and the importance of the outdoors to mental health.

**DAY 3**
SEE ENERGY IN A NEW LIGHT
Take ten minutes to read an article about the climate provisions in the Build Back Better bill. Share what you learn with friends.

**DAY 4**
UNDERSTAND THAT YOU ARE WHAT YOU EAT
Try out a new plant-based recipe and post it Instagram or TikTok or encourage friends to try it too.

**DAY 5**
PROTECT THE SOURCE
Look up the water quality in your zip code. Urge your mayor, city manager or local leader to provide funding to ensure clean drinking water.

**DAY 6**
VOTE WITH YOUR WALLET
Encourage your friends to join you in a “buy nothing” day.

**DAY 7**
LOVE YOUR MOTHER (EARTH)
Visit https://native-land.ca/ to learn more about the indigenous people of the area you call home. Share what you learn with family and friends.