



# #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.



saving our sanity + the planet