



**the wonk**  
**21-DAY KICKSTARTER PLAN**

|               | <b>SUNDAY</b><br><i>know you can't go it alone</i>  | <b>MONDAY</b><br><i>think beyond your age</i>   | <b>TUESDAY</b><br><i>see energy in a new light</i>  |
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| <b>WEEK 1</b> | List the most inspiring and effective articles or books you've read on community building.                                | With other generations, watch a documentary about green living, the climate crisis, or sustainable practices and talk about it afterward. | Take fifteen minutes and find out whether you can switch to clean energy through your utility. If yes, make the switch.   |
| <b>WEEK 2</b> | Research self-compassion, self-care, and how to avoid activism burnout.   | Make a plan to read seminal environmental books from different decades (e.g., Rachel Carson, Al Gore, Greta Thunberg, etc.).              | Take ten minutes to research the next meeting of your town or city council. Plan to share your thoughts on the importance of sustainability in a letter or in person. |
| <b>WEEK 3</b> | Learn more about conservation or climate action organizations in your area. Make a plan to show up at their next meeting. | Ask someone from a different generation—family or friend—about positive social changes they've witnessed. Compare notes.                  | Do an assessment of your home's appliances and make a goal list of energy-efficient options.  |

**WEDNESDAY**

*understand that you are what you eat*

**THURSDAY**

*protect the source*

**FRIDAY**

*vote with your wallet*

**SATURDAY**

*love your mother (earth)*

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| <p>Research and share how to support sustainable agriculture in your community.</p>                                 | <p>Take ten minutes to brainstorm ways to reduce water usage in your home, and choose a strategy to implement.</p> | <p>Track your use of single-use plastics for a day and figure out solutions to use less.</p>  | <p>Work outside and enjoy the nature around you.</p>  |
| <p>Influence and educate friends on the mind/body connection and the importance of nutrition in brain function.</p> | <p>Read an article about the importance of water conservation and reflect on what you learned.</p>                 | <p>Google trends in sustainable design. What's most exciting to you? Are there projects in your neighborhood that could benefit?</p>  | <p>Sign up for wildlife conservation group's action alerts to support wildlife protection.</p>                        |
| <p>Share information about the importance of soil health in the foods we eat.</p>                                   | <p>Attend or watch a lecture about water as a resource and how best to preserve it.</p>                            | <p>Take five minutes to Google the best sustainable brands for whatever household items you need this week. Then make the switch.</p> | <p>Consider how being outdoors affects how you feel and research the connection between nature and mental health.</p> |