



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

	<b>SUNDAY</b> <i>know you can't go it alone</i>	<b>MONDAY</b> <i>think beyond your age</i>	<b>TUESDAY</b> <i>see energy in a new light</i>
<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)*

<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>