



**the spark**  
**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**

<p>Try a new movement or exercise class with a friend.</p>	<p>Support a local environmental education program or outdoor camp.</p>	<p>Sign up for renewable energy options through your local power company.</p>
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**WEEK 2**

<p>Sign up for volunteer day in your community: a food bank, school, library, or retirement home—whatever works for you.</p>	<p>Talk to someone in another generation about climate change. What are they concerned about? What solutions most excite them?</p>	<p>Buy carbon offsets for your family and share why the offsets matter.</p>
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**WEEK 3**

<p>Start a conversation to learn more about and share in your friends' passions for faith, self-care, journaling, meditation, or prayer.</p>	<p>Re-tweet a friend's call to action on an environmental issue.</p>	<p>Share a friend's or environmental organization's post on bringing more clean energy options to your area.</p>
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**WEDNESDAY**

*understand that you  
are what you eat*

**THURSDAY**

*protect  
the source*

**FRIDAY**

*vote with your  
wallet*

**SATURDAY**

*love your mother  
(earth)*

<p>Sign up for local composting in your community or encourage your community to start a composting co-op.</p>	<p>Plan a visit to a local body of water with a friend— a lake, river, or ocean.</p>	<p>Try replacing single-use plastic in your home. Make a list of what is easy and what is hard to eliminate.</p>	<p>Plan a picnic with friends.</p>
<p>Try “Meatless Mondays” for a month to focus on plant-based recipes.</p>	<p>Google your watershed to find out where your watershed boundaries are.</p>	<p>Commit to using real stuff in the kitchen: real plates, cloth napkins and towels. Cut back on paper goods.</p>	<p>Learn how to listen for native birds and spend time outside listening for local species. See if you can tune your ears into the local sounds.</p>
<p>Look at food labels when you shop and work to choose the options with the fewest ingredients.</p>	<p>Tell your family about the importance of supporting causes that keep our waters clean and protected.</p>	<p>Follow a friend’s advice on where to buy the best sustainable products.</p>	<p>Agree to go on an outdoor adventure when asked by your Adventurer friends.</p>