



saving our sanity + the planet

# BULLET JOURNAL

Connect to Yourself & the Planet Each Day

The 7-Day #OneGreenThing Challenge



## WELCOME! YOU ARE HERE (PLANET EARTH).

Overwhelmed by the climate crisis? We get it. And we have ideas for how to tackle that overwhelmed feeling.

At One Green Thing, we know that no one person can solve the climate crisis alone, but we can help you tackle eco-anxiety and climate change through daily habit building. We call these habits #OneGreenThing.

Follow these easy steps:

- First, commit 5 minutes a day for the next 7 days to writing in this journal. Don't worry: we will give you prompts and ideas for reflection.
- Next, stick to it! We all know it takes longer than one week to form a habit, but we are here to help with each step. After 7 days, you can celebrate the beginning of a new habit.
- Finally, share, tag us, and pass it on! We want to hear from you. Share your reflections (we will pick some to post on our social media pages) and pass your progress along to friends and family. You can follow us on instagram @onegreenthing.

Now, it's time to get started! Welcome - you are here!



## CONNECT TO YOURSELF & THE PLANET TODAY

Set a timer for five minutes. **Think about your favorite natural setting.** Write about your feelings, thoughts, and memories of being in that place. Describe it. Draw it.



## CONNECT TO YOURSELF & THE PLANET TODAY

Set a 5-minute timer. Reflect on these questions: **What issue concerns you the most about the environment?**

What do you know about that one issue and what actions you might be able to take to help?

If you don't know, it's ok!

*what's your  
#onegreenthing?*



## CONNECT TO YOURSELF & THE PLANET TODAY

**Today, go outside or open a window.** Look up and look around. Notice the sounds, the smells, the colors, the textures, and how you feel when experiencing nature. Describe it, draw it, or sing it. Simply experience and document the beauty of nature today.



## CONNECT TO YOURSELF & THE PLANET TODAY

Congrats on committing 5-minutes each day to reflecting on climate change. Today, think about the big picture. **Ask yourself what you know about environmental justice. For example: did you know climate change is related to systemic racism?** Write a bit about what you know or want to know. Today you are the one asking questions!

*what's your  
#onegreenthing?!*



## CONNECT TO YOURSELF & THE PLANET TODAY

Today begin your journal time by closing your eyes and imaging the future. **Picture it: it's 2030. How does the world look? What is your life like?** Is it different than what you want and what you expect? First, write down your vision of the future. Then, make a list of how you can make sure the future looks the way you picture it.

*what's your  
#onegreenthing?*



## CONNECT TO YOURSELF & THE PLANET TODAY

Making a difference adds up. **Today, create a list of small daily actions you already do to create a greener, healthier world.** Give yourself one point for each action. Add up your actions and give yourself a round of applause. Then share your list on social media (don't forget to use the hashtag #OneGreenThing & to tag us!).

*what's your  
#onegreenthing?*





## CONNECT TO YOURSELF & THE PLANET TODAY

You did it! You journaled for an entire week. The One Green Thing Project is all about celebrating life's small and large wins! **Today, describe or draw an image that represents the JOY you feel for this seven day accomplishment.**

*what's your  
#onegreenthing?*



## CONNECT TO YOURSELF & THE PLANET TODAY

Bonus Day! Keep the habit going.  
Draw, reflect, share.

*what's your  
#onegreenthing?*



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