



#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 or postal 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