



#ONEGREENTHING

7-DAY ACTION PLAN

Sage

FOCUSED ON THE SPIRITUAL CONNECTION TO NATURE. THOUGHTFUL, CONTEMPLATIVE, OFTEN QUIET. ENCOURAGES FRIENDS AND FAMILY TO LOOK FOR THE INTERCONNECTEDNESS OF SCRIPTURE, FAITH, AND THE ENVIRONMENT.

DAY 1

LOVE YOUR MOTHER (EARTH)

Go outside to a favorite place in your community. Meditate or pray in nature. Observe the world around you and the joy the stillness brings.

DAY 2

KNOW WE CAN'T GO IT ALONE

Have a conversation with a friend or your community about extreme weather and how to be prepared for climate-fueled emergencies. Commit to a plan of action together.

DAY 3

VOTE WITH YOUR WALLET

Make a commitment to eliminate as much single use plastic as possible at your home. Slow down in your daily actions to become more aware of your waste and better options.

DAY 4

PROTECT THE SOURCE

Do a self-assessment of water usage in your home today from showers, laundry, to meal prep. During dinner, make a list of three ways to reduce excess water use OR celebrate your conservation of water.

DAY 5

THINK BEYOND YOUR AGE

Talk to a member of Gen Z (born 1997-2016) about their thoughts on connecting to the Earth, being outside, and their anxiety about climate change. Or share your concerns with someone older.

DAY 6

UNDERSTAND YOU ARE WHAT YOU EAT

Plan an outing to your local Farmer's Market. Walk through the booths and observe the ways the community is connected to agriculture. Engage with a local farmer about their experience.

DAY 7

SEE ENERGY IN A NEW LIGHT

Journal about what access to clean energy and energy equity means to you and your community.



saving our sanity + the planet