

31 DAY PLASTIC FREE CHALLENGE

MON	TUE	WED	THU	FRI	SAT	SUN
Use Cloth Instead of Paper Towel	Try Natural Beeswax Coated Cloth Wraps Instead of Plastic Cling Wrap	Carry Reusable Shopping Bag	Use Bar Soap Instead of Liquid Hand Soap	Say 'No' to Disposable Cutlery	Avoid Excessive Food Packaging	Use Refill Stations For Detergent
Buy Laundry Detergent in Boxes, not Liquid in Plastic Containers	Swap Out Plastic Toothbrush	Clean With Baking Soda and Vinegar Instead of Cleaners Packaged in Plastic	Bring Your own Containers to Takeaway Shop	Buy Farm Fresh Eggs in Reusable Paper Containers	Ditch Plastic Straws	Give up Chewing Gum which is Made From Plastic
Reuse Jars and Containers for Leftovers	Carry a Reusable Coffee cup	Use a Reusable Water Bottle	Return Containers to the Farmer's Market to be Reused	Avoid Cosmetic Products That Contain Microbeads	Avoid Shining Paper to Wrap Gifts. Instead Use Paper	Compost Food Waste and Reduce Your Use of Plastic Trash Bags
Choose Metal Over Plastic Razors	Buy Fresh Bread That Comes in Paper Bags	Opt for Drinks in Glass Bottles Instead of Plastic Cans	Buy Items Wrapped in Paper or Cardboard Instead of Plastic	Line Small Trash Bins in Your House With Paper Bags	Choose Milk in Returnable Glass Bottles	Use Rechargeable Batteries to Reduce Buying Batteries Packaged in Plastic
If You Smoke, Use Matches Instead of Disposable Lighters	Only Buy From Companies That Work in 3R's (Reduce, Reuse and Recycle)	If it is Plastic. Think Twice				

[#myplasticfreelife](https://www.instagram.com/myplasticfreelife)

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31 DAY ZERO WASTE CHALLENGE FOR KIDS

MON	TUE	WED	THU	FRI	SAT	SUN
Say 'No' to Plastic Straws	Perform Upcycling - Before You Throw Trash, Make Something Out of it	Bring Your Own Lunch Instead of Buying Disposable Lunches	Commit to Keeping a Reusable Mug in Your Bag	Carry a Reusable Bag for Shopping	Use Cloth Napkins Instead of Paper	Use Compostable Bamboo Toothbrush
Get Things Repaired Instead of Buying New Ones	Declutter – Donate Things That You Don't Use	Bring Home Leftovers	Walk or Ride a Bike	Only Buy School Supplies That You Need	Avoid Using Plastic Cutlery	Read Books in School Library Instead of Buying New Ones
Make Compost of Food Scraps	Buy Food in Bulk With Less Packaging	Pick up Trash From Street and Put it in Recycling Bin	Bring Food in Container When You Go Out	Borrow Items Instead of Buying New Ones	Carry Reusable Water Bottle Whenever You Go Out	DIY – You Can Create Your Own Lip Balm or Deodrant
Make Your Own all Purpose Cleaner	Print Both Sides of the Paper	Give Away Used Clothes to Needy	Reduce, Reuse, Recycle	Save Water by Reducing Wastage	Do not Print Unless Absolutely Necessary	Buy Low Packaging Food
Do a Waste Audit – Mark Down the Items That You Throw Away	Visit a Thrift Store	Get Involved With Local Communities				

[#myzerowastelife](#)

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31 DAY CHALLENGE TO REDUCE CARBON IMPACT

MON	TUE	WED	THU	FRI	SAT	SUN
Unplug Devices When not in Use	Eat Local and Organic	Use Public Transportation. Better Try Walking, Riding a Bike	Embrace Minimalist Lifestyle	Compost Your Leftovers	Always Choose Energy Efficient Devices	Minimize your Purchase of Heavily-packaged Products
Avoid Using Dryer. Hang Your Clothes to Dry	Take Shorter Showers	Plant a Tree	Only Buy Groceries That You Need	Go Vegetarian	Wash Clothes in Cold Water	Carpool With Your Friends or Colleagues
Switch to LED Bulbs	Stop Impulse Buying	Carry a Bag When Going for Shopping	Invest in Clean Energy	Switch to Paperless Billing	Cut Yourself From All the Junk Mails You Receive at Home	Utilize Technology for Work-related Travel
Turn off Water While You Brush Your Teeth	Reduce, Reuse, Recycle as Much as Possible	Buy and Use Reusable Grocery Bags	Buy Natural Products	Cook More Meals at Home	Ditch Plastic Cups. Bring Your Own Coffee Mug	Turn off Your Heat or Air Conditioning System When You Leave Home
Carry a Reusable Water Bottle	Visit Events That Support Environment	Support Local Business That Promote Green Energy				

[#reducecarbonimpact](#)

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15 POWERFUL WAYS FOR PACKING AND TRAVELING LIKE A MINIMALIST

Be Realistic in Clothing Choices. Pack Must Haves, Not the Nice to Haves

Doing Your Own Laundry Will Help You to Carry Minimum Number of Clothes

Invest in Well Organized Bag That can Accommodate all Necessary Things

Unless Required, Keep all Your Gadgets at Home Except Your Smartphone to Remain in Touch With Everyone

Evaluate Your Toiletries and Makeup Bag and Carry Only Those Items That you Actually Need

Buy a Comfortable Shoe and Avoid Carry Pair of Trendy Shoes

Carry a Small Bag. It Will Reduce the Temptation to Keep Adding Unnecessary Things

Carry a eReader or Tablet if You to Read Your Favorite Reading Material

Embrace Simple and Natural Living. Give Yourself a Break From Products That You Don't Need at all

Stick to a Budget. It Will Refrain Yourself From Impulse Buying

Lose the Bulky Wallet. Remove all Old Cards and Receipts, Business Cards, Grocery Visiting Cards

Ditch Bulky Travel Books. Load Your eBook With Popular Travel Guides

Pack Your Itinerary, Not Your Destination. Think About Your Travel Plans and Travel Accordingly

Carry Less Eatables. Shop for Food as You Travel. Look Out For Hotels With Kitchens so That You can Prepare at least One Meal per Day

Being Minimalist Starts With a Right Mindset. You Need to Separate the "Need" From the "Need" in Your Life and Travels

51 POWERFUL SUSTAINABILITY AND GREEN LIVING QUOTES

"The ultimate test of man's conscience may be his willingness to sacrifice something today for future generations whose words of thanks will not be heard." ~ Nelson

"We have forgotten how to be good guests, how to walk lightly on the earth as its other creatures do." ~ Barbara Ward

"He that plants trees loves others besides himself." ~Thomas Fuller

"The environment is where we all meet; where all have a mutual interest; it is the one thing all of us share." ~ Lady Bird Johnson

"A nation that destroys its soils destroys itself. Forests are the lungs of our land, purifying the air and giving fresh strength to our people." ~ Franklin D. Roosevelt

"I only feel angry when I see waste. When I see people throwing away things we could use." ~ Mother Teresa

"Progress is impossible without change, and those who cannot change their minds cannot change anything." ~ George Bernard Shaw

"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is the only thing that ever has." ~ Margaret Mead

"The Earth will not continue to offer its harvest, except with faithful stewardship. We cannot say we love the land and then take steps to destroy it for use by future generations." ~ John Paul II

"If we go on using the Earth uncaringly and without replenishing it, then we are just greedy consumers" ~ Satish Kumar

"You have to hold yourself accountable for your actions, and that's how we're going to protect the Earth" ~ Julia Butterfly Hill

"Out of all those millions and millions of planets floating around there in space, this is our planet, this is our little one, so we just got to be aware of it and take care of it." ~ Paul McCartney

"The best friend of earth of man is the tree. When we use the tree respectfully and economically, we have one of the greatest resources on the earth." ~ Frank Lloyd Wright

"Everyone who considers themselves a realist will be forced to justify their behavior in light of their contribution toward the preservation of the environment." ~ Ernst von Weizacker

"Modern society will find no solution to the ecological problem unless it takes a serious look at its lifestyle." ~ Pope John Paul II

"Plans to protect air and water, wilderness and wildlife are in fact plans to protect man." ~ Stewart Udall

"Sustainability requires maintaining life-supporting natural capital in order for our socioeconomic goals to be met." ~ Warren Flint

"The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction." ~ Rachel Carson

"Where the quality of life goes down for the environment, the quality of life goes down for humans." ~ George Holland

"There's so much pollution in the air now that if it weren't for our lungs there'd be no place to put it all." ~ Robert Orben

"The use of solar energy has not been opened up because the oil industry does not own the sun." ~ Ralph Nader

"When a man throws an empty cigarette package from an automobile, he is liable to a fine of \$50. When a man throws a billboard across a view, he is richly rewarded." ~ Pat Brown

"In America today you can murder land for private profit. You can leave the corpse for all to see, and nobody calls the cops." ~ Paul Brooks

"I have no doubt that we will be successful in harnessing the sun's energy... If sunbeams were weapons of war, we would have had solar energy centuries ago." ~ Sir George Porter

"We abuse land because we regard it as a commodity belonging to us. When we see land as a community to which we belong, we may begin to use it with love and respect." ~ Aldo Leopold

"The earth we abuse and the living things we kill will, in the end, take their revenge; for in exploiting their presence we are diminishing our future." ~ Marya Mannes

"Till now man has been up against Nature; from now on he will be up against his own nature." ~ Dennis Gabor

"Like music and art, love of nature is a common language that can transcend political or social boundaries." ~ Jimmy Carter

"For in the true nature of things, if we rightly consider, every green tree is far more glorious than if it were made of gold and silver." ~ Martin Luther

"Nature holds the key to our aesthetic, intellectual, cognitive and even spiritual satisfaction." ~ Dr. Edward O. Wilson

"The natural environment sustains the life of all beings universally." ~ Dalai Lama

"An act of violence against nature should be judged as severely as that against society or another person." ~ Dr. Michael W. Fox

"Until man duplicates a blade of grass, nature can laugh at his so called scientific knowledge." ~ Thomas Edison

"In our rich consumers' civilization we spin cocoons around ourselves and get possessed by our possessions." ~ Max Lerner

"Our life is frittered away by detail...Simplify, simplify, simplify! Simplicity of life and elevation of purpose." ~ Henry Thoreau

"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." ~ Archbishop Desmond Tutu

"Nature provides a free lunch, but only if we control our appetites." ~ William Ruckelshaus

"We can never have enough of Nature." ~ Henry David Thoreau

"All I want is to stand in a field and to smell green, to taste air, to feel the earth want me, without all this concrete hating me. – Phillip Pulfrey

"Problems cannot be solved at the same level of awareness that created them." ~ Albert Einstein

"You will find something more in woods than in books. Trees and stones will teach you that which you can never learn from masters." ~ St. Bernard

"The natural environment sustains the life of all beings universally." ~ Dalai Lama

"Interdependence is and ought to be as much the ideal of man as self-sufficiency. Man is a social being." ~ Mohandas Gandhi

"Waste your money and you're only out of money, but waste your time and you've lost a part of your life." ~ Michael Leboeuf

"After a visit to the beach, it's hard to believe that we live in a material world." ~ Pam Shaw

"Home is an invention on which no one has yet improved." ~ Ann Douglas

"You give but little when you give of your possessions. It is when you give of yourself that you truly give." ~ Kahlil Gibran

"The goal of life is to make your heartbeat match the beat of the universe, to match your nature with nature." ~ Joseph Campbell

"The greatest threat to our planet is the belief that someone else will save it." ~ Robert Swan

"The first rule of sustainability is to align with natural forces, or at least not try to defy them." ~ Paul Hawken

"Modern society will find no solution to the ecological problem unless it takes a serious look at its lifestyle." ~ Pope John Paul II