

# 30-DAY

# Natural Living Challenge

FORAGE ONE INGREDIENT FOR YOUR DINNER

LINE-DRY YOUR CLOTHES

MAKE LUNCH FROM SCRATCH

REPAIR ONE PIECE OF CLOTHING

CHOOSE A GOOD REUSABLE TAKEAWAY CUP TO TAKE WITH YOU

SELL OR GIVE AWAY SOMETHING YOU DO NOT USE ANYMORE

MAKE BREAKFAST FROM SCRATCH

BRING YOUR OWN REUSABLE BAG WITH YOU WHEN GOING GROCERY SHOPPING

FILL 80% OF YOUR CART WITH PRODUCTS WITHOUT LABELS OR PACKAGES

BORROW FROM THE LIBRARY ONE BOOK OR MAGAZINE INSTEAD OF BUYING IT

WALK IN THE FOREST

ASK YOUR SKILLED FRIEND/FAMILY MEMBER/NEIGHBOR TO TEACH YOU SOMETHING THAT WILL HELP YOU ON YOUR JOURNEY

CHOOSE ONE SEASONAL INGREDIENT IN YOUR CART

CHOOSE ONE NEW VEGETABLE TO YOUR DINNER

SWAP YOUR SINGLE-USE DISHCLOTH FOR A REUSABLE AND WASHABLE ONE

COOK AT HOME

GO FOR A WALK AND LEAVE YOUR PHONE AT HOME

ENRICH YOUR LIFE AND START LEARNING THAT ONE SKILL YOU HAVE BEEN PONDERING ABOUT

CHOOSE ONE LOCAL INGREDIENT IN YOUR CART

TEACH YOUR CHILD A NEW SKILL

MAKE DINNER FROM SCRATCH

FIND YOUR NEAREST RECYCLING POINT, AND START USING IT

WRITE DOWN 3 INTANGIBLE THINGS YOU VALUE THE MOST

SLEEP FOR EIGHT HOURS

SWAP A SHOP-BOUGHT SNACK FOR A HOMEMADE ONE

DIVIDE THE YEAR INTO QUARTERS AND CHOOSE A NEW SKILL FOR EACH QUARTER TO LEARN

REPAIR / TAKE CARE OF YOUR SHOES BY A SHOEMAKER OR BY YOURSELF

WALK OR BIKE TODAY INSTEAD OF CAR OR BUS

SWAP ONE CLEANING PRODUCT INTO A NATURAL CLEANING PRODUCT

THINK ABOUT THE 5 MOST USED SINGLE-USE THINGS AT YOUR HOME AND SWAP THEM INTO A REUSABLE OPTION