

LITTLE EBOOK TO

*Make The World
a Better Place*



At Home






Make your home a force for good:

- Shorter showers & fix leaks 🚿
- Eco-friendly cleaning products 🧼
- Energy-efficient appliances 💡
- Compost scraps & yard waste ♻️
- Recycle right ✅
- Grow your own food 🌱
- Choose less packaging 📦
- Use reusable bags, bottles & cups ♻️
- Reduce food waste with smart planning 🍴
- Upcycle containers into new uses 🔁



At Work

Create a greener workspace:

- Go digital & paperless 
- Turn off unused lights & electronics 
- Start a zero-waste program 
- Promote biking, walking & carpooling 
- Support local & sustainable vendors 



Everyday Life

Mindful living starts with you:

- Make conscious shopping choices 🛒
- Eat more plant-based meals 🥬
- Donate or recycle what you don't need ♻️
- Shop from local farms & artisans 🍓
- Choose walking, biking or public transport 🚆



Every step counts!

LET'S PROTECT OUR PLANET, ONE MINDFUL CHOICE AT A TIME.