

50 Things for a Better 2020

1. Read real books before bed.
2. Try a new (to you) seasonal and local vegetable every month of the year.
3. Get reusable produce bags.
4. Plan your meals and save both time and money.
5. Explore a new place in your home country.
6. Join an environmental action organization.
7. Mend your things.
8. Put up a bee hotel.
9. Keep phones and other electronics out of the bedroom ALWAYS.
10. Set aside a designated food budget for each month.
11. Plant pollinator friendly flowers.
12. Stretch every day.
13. Give yourself five minutes before you check your phone in the morning.
14. Look for used before buying new.
15. Buy organic and local fruit and vegetables whenever possible.
16. Make good things easy to do and bad things hard.
17. Never lazy-watch TV.
18. Learn the names of three birds and three wildflowers you didn't already know.
19. Avoid palm oil.
20. Make sure you get enough fiber.
21. Prioritize and value sleep.
22. Become a regular at a farmers market.
23. Set goals to which the road is joyful.
24. Try car-free commuting once a week - if you rely on a car.
25. Grow something.
26. Find an exercise routine that makes the entire you feel good.
27. Unfollow all social media accounts that take more energy than they give.
28. Pack a snack/lunch/meal and head into nature.
29. Get rid of everything you don't actually need.
30. Write a list of 10 non-consumption related things that make you happy.
31. Pick up trash when you see it.
32. Try to end all screen time - except TV - at 8pm.
33. Summarize your spendings after each month.
34. Practice saying no by thinking about what you say yes to instead.
35. Use your body to commute to work if possible.
36. Analyze your time-spending.
37. Bake your own bread.
38. Create a calm and centered home.
39. Swim in a lake or ocean as often as you possible can.
40. Ask yourself: how would I live if no one was watching?
41. Take a look at your friends: do they all give you energy and make you happy?
42. Eat (seasonal) fruit or berries with breakfast every day.
43. Turn off social media notifications and reduce the times you check your inbox.
44. Watch as many sunrises and sunsets as you possibly can - and be present when you do.
45. Make vegetarian the new food norm.
46. Buy cabbage instead of iceberg lettuce.
47. Hang out with a friend and do something good at the same time.
48. Bring lunch to work.
49. Compost your (unavoidable) food waste.
50. Avoid flying.