

The Sustainable Life Coach's Reduce Plastic Use Plan

NAME:

EASY GOAL:

BAMBOO TOOTHBRUSH

ACTION REQUIRED:

BUY BAMBOO TOOTHBRUSH
WHEN OLD ONE IS FINISHED

ACTION BY:

31ST OF AUGUST

EASY GOAL:

ACTION REQUIRED:

ACTION BY:

EASY GOAL:

ACTION REQUIRED:

ACTION BY:

EASY GOAL:

ACTION REQUIRED:

ACTION BY:

EASY GOAL:

ACTION REQUIRED:

ACTION BY:

EASY GOAL:

ACTION REQUIRED:

ACTION BY:

IMPORTANT REMINDERS:

- Do research
- Check for 'Greenwashing'
- Find a tribe
- Get help if needed

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NAME:

MEDIUM GOAL:

PLASTIC FREE
TOOTHPASTE

ACTION REQUIRED:

TRY TOOTHPASTE TABS OR
GLASS CONTAINER
TOOTHPASTE

ACTION BY:

1ST OF SEPTEMBER

MEDIUM GOAL:

ACTION REQUIRED:

ACTION BY:

MEDIUM GOAL:

ACTION REQUIRED:

ACTION BY:

MEDIUM GOAL:

ACTION REQUIRED:

ACTION BY:

MEDIUM GOAL:

ACTION REQUIRED:

ACTION BY:

MEDIUM GOAL:

ACTION REQUIRED:

ACTION BY:

IMPORTANT REMINDERS:

- Do research
- Check for Greenwashing
- Try other options if the first one isn't a success
- Get help if needed

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The Sustainable Life Coach's Reduce Plastic Use Plan

NAME:

HARD GOAL:

PLASTIC FREE
BATHROOM CLEANING
PRODUCTS

ACTION REQUIRED:

DO RESEARCH, GET
CONTAINERS, FIND REFILL
STORE, VISIT REFILL STORE

ACTION BY:

30TH OF SEPTEMBER

HARD GOAL:

ACTION REQUIRED:

ACTION BY:

HARD GOAL:

ACTION REQUIRED:

ACTION BY:

HARD GOAL:

ACTION REQUIRED:

ACTION BY:

HARD GOAL:

ACTION REQUIRED:

ACTION BY:

HARD GOAL:

ACTION REQUIRED:

ACTION BY:

IMPORTANT REMINDERS:

- Do research
- Check for Greenwashing
- Try other options if the first one isn't a success
- Get help if needed

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