Good Life Challenge

What <u>actions</u> can you take to help build a more sustainable future?

In the next week, look for opportunities to make positive changes in your own life. How are people around you working to support a better future? How many of these actions can you check off?

1 HELP END POVERTY ☐

Donate unused clothing or books to someone else.

2 EAT BETTER ☐

Include more fruits and vegetables in your meals.

3 STAY WELL ☐

Wash your hands and exercise regularly this week.

4 LEARN AND TEACH ☐

Say thank you to a classroom teacher or volunteer.

5 TREAT EVERYONE EQUALLY ☐

Show your appreciation to someone in your community who takes care of children or the elderly.

6 SAVE WATER ☐

Turn off running water when brushing your teeth or washing your hands.

7 USE CLEAN ENERGY ☐

Learn more about where the energy in your home comes from.

8 DO GOOD WORK ☐

Find a way to support a local business when your family buys something this week.

9 MAKE SMART CHOICES ☐

Challenge yourself to be especially kind to someone else when online.

10 BE FAIR ☐

Listen to other people. Try to learn something from someone you disagree with.

11 LOVE WHERE YOU LIVE ☐

Talk with one of your neighbors when you see them or draw an area of your community that makes you happy.

12 LIVE BETTER ☐

Make a meal using leftovers to avoid wasting food.

13 ACT ON CLIMATE ☐

Choose to walk instead of drive if you are going somewhere close.

14 CLEAN OUR SEAS ☐

When you are at the store, find a way to use fewer single-use plastics.

15 LOVE NATURE ☐

Go for a walk in a park, forest, or just in your neighborhood. Notice the plants and animals you see.

16 MAKE PEACE ☐

Find a way to call out injustice or bullying whenever you see it.

17 COME TOGETHER ☐

Share your accomplishments and celebrate the progress you've made this week!

The United Nations 17 Sustainable Development Goals are designed to help everyone build more prosperous futures that are better for people and the planet. The Good Life Goals listed here are based on the UN goals and feature actions we can all take for a better future. **#GoodLifeGoals**

Join in and share with **#GoodLifeGoals**