

**EAT
GREEN**

**CHANGE
THE
SYSTEM**

**TRAVEL
FRESH**

**END
CLUTTER**

**DRESS
RETRO**

**HOLIDAY
LOCAL**



BRAINSTORM!

**Write down all of your
ideas for making the
7 shifts**

**TAKE
THE
JUMP**

**Now choose your favourites for your
family or household plan**
