



HEATHER WHITE

foreword by
Erin Brockovich

**Discover Your
Hidden Power to
Help Save the Planet**

**ONE
GREEN
THING**

A PDF COMPANION TO THE AUDIOBOOK

One Green Thing

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Get to Know the Laws

JOURNAL PROMPTS

- What inspired you to pick up this book? What do you want to learn more about?
- Have you ever been hesitant to start on your climate journey? If so, why? For instance, maybe you didn't know where to start, or you were worried about being judged.
- Think about the section on the Laws of Change. Have you ever experienced the Law of Simplicity & Consistency? Or the Law of Identity? When has the Law of Amplification impacted your life? For example, perhaps a friend shared a social media message or inspiring story that made you think differently or take action.
- Think about your daily routine. What are you already doing that might be considered a One Green Thing?



CHAPTER 2

Find Your Service Superpower Profile and Your Why

JOURNAL PROMPTS

- Reflect on your Service Superpower Assessment results. Does the answer feel right to you? Have you embodied this profile in past service?
- Think about the activities you find the most meaningful when you're giving back. How could these types of activities be helpful in the climate movement?
- How does service make you feel? What areas of creating a brighter, greener future are you most passionate about?
- Consider your "why" to help protect the environment. Maybe you had a specific experience from your early life that instilled the desire in you. Or perhaps you're concerned about a specific aspect of climate change, or about the future your children, grandchildren, or loved ones will inherit.



The Adventurer

UNIQUE SKILLS WORKSHEET

My strengths as an Adventurer are:

1. _____
2. _____
3. _____

Three things the climate movement could do a better job of are:

1. _____
2. _____
3. _____

After reflecting on my interests and talents, here are three ways I might be able to help:

1. _____
2. _____
3. _____

The 72-Hour Check Back

In the next 72 hours, tell someone significant in your life that you're embarking on a daily practice of sustainability, that you'd like their support, and that you'd like them to join you on your next adventure. Write that information below:

The person I told about my daily practice of sustainability
is _____.

I invited them on my next adventure to _____ (location) on
_____ (date).

Tomorrow my One Green Thing will be _____.



the adventurer
21-DAY KICKSTARTER PLAN

	SUNDAY <i>know you can't go it alone</i>	MONDAY <i>think beyond your age</i>	TUESDAY <i>see energy in a new light</i>
WEEK 1	Try out a yoga class online or in your community. Look for a variety of pace and skill levels. After attending, reflect on the connection of mind and body.	Share personal stories from times you have witnessed the impacts of climate change. Tell a person who is not in your generation or post on social media.	Buy carbon offsets for your next trip.
WEEK 2	Call a friend and take a walk or hike in a local park. Talk about what you see, why you care about the public space, and find out how you can help.	Go on a walk or hike with a neighbor or family member in a favorite local park or nature center. Take a field guide or download an app to identify what you see and hear.	Take ten minutes to find out whether your city or town has a sustainability director. Send an email asking to talk with them about the plan.
WEEK 3	Find out if there's a community garden near you. Sign up to volunteer and introduce yourself to others who are volunteering.	Call a mentor, older family member, or friend. Ask them about their thoughts on climate change and whether it's affected places they love.	Call your energy provider and ask about their renewable portfolio. Tell them that clean energy is important to you. Consider switching to clean power.

WEDNESDAY*understand that you
are what you eat***THURSDAY***protect
the source***FRIDAY***vote with your
wallet***SATURDAY***love your mother
(earth)*

Make a commitment to eat locally grown or regionally native foods whenever planning your next adventure.	Google “citizen science” opportunities in your community and see if you can contribute to a water-quality or stream-monitoring research study for your next outing.	Make a commitment to thrift your outdoor gear, barter, or trade gear with a friend instead of making a new purchase for your next adventure.	Visit your local park and see if you can identify three different types of trees and three different types of birds.
Plan a trip to your local farmer’s market. Try out a new vegetable you’ve never tried. Ask a farmer at the farmstand for more information about what they do, who they are.	Go to your kitchen. Write down all the plastic you see — from food packaging containers to detergent. Identify three things you can do to limit your plastic consumption.	Commit to buying nothing today or tomorrow.	Put your phone down. Go outside. Look up. Take ten minutes to sketch what you see, hear, and feel.
Try a plant-based meal from your favorite geographic area to explore for family and friends.	Research Wild & Scenic Rivers in your state. Plan a trip or take five minutes to write to your legislators about how important these waterways are to you.	Take a look at your closet. Declutter and designate items to thrift or give away.	Plan a day to volunteer at your favorite local public space or make a donation to its environmental education program.



The Beacon

UNIQUE SKILLS WORKSHEET

Three talents I have as a Beacon are:

1. _____
2. _____
3. _____

Three things the climate movement could do a better job of are:

1. _____
2. _____
3. _____

After reflecting on my interests and talents, here are three ways I might be able to help:

1. _____
2. _____
3. _____

The 72-Hour Check Back

In 72 hours, come back to this page. Write down one thing you learned about climate action over the past three days:

Now share what you've learned on social media or tell a friend or family member.

Then call your member of Congress and urge them to support strong climate action or a specific climate solution. The Congressional switchboard number is (202) 224-3121. Enter your zip code, and they'll connect you to your senator's or representative's office.



the beacon 21-DAY KICKSTARTER PLAN

	SUNDAY <i>know you can't go it alone</i>	MONDAY <i>think beyond your age</i>	TUESDAY <i>see energy in a new light</i>
WEEK 1	Start an honest conversation with a friend or family member about climate action and your concerns for the future.	Ask a member of another generation for a book recommendation. Discuss how that piece of literature impacted them and inspired change.	Research climate justice and donate to clean energy programs in lower income communities.
WEEK 2	Create a presentation on an environmental issue you're passionate about. Share at your place of worship or community organization, or with friends on social media.	Watch an environmental documentary you enjoyed with your family or friends. Invite someone younger or older than you to join. Lead a discussion afterward.	Challenge your office, friends, or community organization to see who can avoid using cars for one week through walking, biking, or public transportation.
WEEK 3	Get a group of friends to go to your next school board meeting. Testify about the importance of climate change education and readiness in school curriculum.	Take ten minutes to learn more about Fridays for the Future. Plan to attend a Gen Z climate rally or climate justice event.	Give a talk at a local school or community organization, or post online about climate solutions.

WEDNESDAY

*understand that you
are what you eat*

THURSDAY

*protect
the source*

FRIDAY

*vote with your
wallet*

SATURDAY

*love your mother
(earth)*

Google “regenerative agriculture” and learn how it can help create a better future. Write an op-ed for your local paper about it.	Challenge your friends to carry a reusable water bottle.	Start a conversation about a sustainable brand you support.	Research the history of your favorite national park or natural area. Discover its connection to Native American culture and share what you learn.
Write an op-ed or email your member of Congress about promoting sustainable agriculture and conservation.	Look up your water utility’s next board meeting. Make a plan to go with friends and express your support for strong drinking water protections.	Host a backyard clothing swap and share the environmental benefits of using secondhand clothing.	Take a short walk outside. Engage all five senses as you connect with nature.
Research food justice and food deserts. Support a local organization that is creating better access to healthy food for BIPOC communities.	Encourage friends to join you in donating time or money to a water conservation program or favorite nonprofit.	Call the consumer hotline for a company that you think needs to switch to more sustainable packaging.	Advocate for accessible green space in your community by contacting local leaders and educating friends.



The Influencer

UNIQUE SKILLS WORKSHEET

My top three strengths as an Influencer are:

1. _____
2. _____
3. _____

Three things the climate movement could do a better job of are:

1. _____
2. _____
3. _____

After reflecting on my interests and talents, here are three ways I might be able to help:

1. _____
2. _____
3. _____

The 72-Hour Check Back

In 72 hours, come back to this section and reflect on the Influencer profile and your One Green Thing journey. What's working? What are you excited about? What do you want to try next? What environmental or climate issues do you want to learn more about?

Now call or text a friend or family member and tell them that they, too, can join the climate movement. Share that you're embarking on a daily practice of sustainability and that you want them to do it with you. Enlist three people. Write their names here:

1.

2.

3.



the influencer

21-DAY KICKSTARTER PLAN

	SUNDAY <i>know you can't go it alone</i>	MONDAY <i>think beyond your age</i>	TUESDAY <i>see energy in a new light</i>
WEEK 1	Advocate for accessible green space in your community by contacting local leaders and educating friends.	Host an intergenerational book club that discusses current events, climate change, technology, and the future.	Share information about your favorite climate solution (e.g., weatherizing your home, community solar gardens, etc.).
WEEK 2	Encourage friends and family to talk about what compassion means to them.	Tell someone in another generation about your feelings on the climate crisis. Ask them to share what they know.	Write down three ways you could save energy, and educate your family or friends on how they can help.
WEEK 3	Look for examples of compassion in your community, take a picture, and share on social media (e.g., a community garden).	Talk with someone who remembers the Nuclear Freeze Movement, or share your experience with a younger person. Discuss how positive change is possible.	Call or email your utility and ask about its clean energy portfolio. Share what you learn on social media. Be sure to use the hashtag #onegreenthing.

WEDNESDAY

*understand that you
are what you eat*

THURSDAY

*protect
the source*

FRIDAY

*vote with your
wallet*

SATURDAY

*love your mother
(earth)*

Try out a new plant-based recipe and post it on Instagram or TikTok, or encourage friends to start a plant-based potluck or recipe exchange.	Use your social media platform to share information on organizations that support clean water and reduced water usage.	Make a list of the top five sustainable products you buy and encourage your friends to check them out.	Take ten minutes to research an endangered species. Share what you learn on social media. Email the appropriate agency to urge them to protect its habitat.
Share about the importance of soil health and its relationship to the foods we eat.	Call the mayor's office or your city council to urge them to protect local streams and waterways.	Give sustainable gifts promoting green living, or skip gifts and choose experiences or donations over stuff.	Share resources on how to support public lands and how development pressures and climate change are impacting wildlife.
Inspire others to think about food waste in new ways—composting or menu planning to use leftovers and reduce waste.	Look up the water quality in your zip code. Urge your mayor, city manager, or other local leader to provide strong funding to ensure clean drinking water.	Declutter and then "audit" your home to see if you can make more sustainable swaps for household items.	Google the best walk, park, or birdwatching spot in your neighborhood. Plan a trip and encourage your family and friends to join you.



The Philanthropist

UNIQUE SKILLS WORKSHEET

My top talents as a Philanthropist are:

1. _____
2. _____
3. _____

Three things the climate movement could do a better job of are:

1. _____
2. _____
3. _____

After reflecting on my interests and talents, here are three ways I might be able to help:

1. _____
2. _____
3. _____

Now think of three areas you want to get involved in. What have you always cared about, even when you were a kid? Animal welfare? The arts and nature? Real food access? Spend ten minutes researching specific environmental issues or climate solutions that you're passionate about. (Feel free to check out part 2, "The Seven Areas to Effect Change," or the appendix, also found in this PDF, for ideas.)

1. _____
2. _____
3. _____

The 72-Hour Check Back

Identify three organizations you want to learn more about and potentially support. Then commit to volunteering, donating, or sharing educational resources of one of these three organizations in the next 72 hours.

The three organizations are:

1. _____
2. _____
3. _____

Circle the action you took:

- Donated / Volunteered / Shared
- Donated / Volunteered / Shared
- Donated / Volunteered / Shared



the philanthropist 21-DAY KICKSTARTER PLAN

	SUNDAY <i>know you can't go it alone</i>	MONDAY <i>think beyond your age</i>	TUESDAY <i>see energy in a new light</i>
WEEK 1	Recruit three friends to call your member of Congress asking them to support strong federal climate policy.	Invite someone from a different generation to a fundraiser for an environmental organization you support or want to know more about.	Consider investing in an organization that provides clean energy to low-income communities.
WEEK 2	Raise funds for groups that promote access to the outdoors for BIPOC communities.	Volunteer with a youth-led organization or an elder-care organization. Learn what they think about the climate crisis.	Share information on social media about renewable energy technology and carbon offsets.
WEEK 3	Host an event to talk about compassion and the environment.	Connect a school environmental club with environmental professionals, or vice versa.	Share information about community solar and clean energy options in your area.

WEDNESDAY*understand that you
are what you eat***THURSDAY***protect
the source***FRIDAY***vote with your
wallet***SATURDAY***love your mother
(earth)*

Make a plan to volunteer in a food bank, community garden, park, or local school program.	Give to an organization that champions clean water, or volunteer for a local river cleanup day.	Take fifteen minutes to learn about fast fashion. Write down three eco-friendly fashion options to explore.	Ask for friends and family to support public lands and national parks in lieu of gifts for your birthday or other holidays.
Research and support local food banks that accept fresh and perishable foods.	Spend fifteen minutes researching which reservoir your community water comes from. If you have a well, research well safety protocol.	If you have investments or a retirement account, spend twenty minutes checking if they are in fossil fuels. Consider supporting greener options.	Attend or host a fundraiser to support a local land trust or wildlife organization.
Support programs that connect local farmers to schools, restaurants, and food banks.	Share your commitment to reducing water usage on social media.	Share on social media why parks, public lands, and green spaces need support. Use the hashtag #onegreenthing.	Decide to give your favorite green products as gifts this year. If you don't have any top choices, ask friends and family about the green brands they love.



The Sage

UNIQUE SKILLS WORKSHEET

Three spiritual or faith-based lessons I know from my time spent in nature:

1. _____
2. _____
3. _____

Three ways that people could benefit from this spiritual knowledge or connection:

1. _____
2. _____
3. _____

Here's how I would link faith and climate action:

1. _____
2. _____
3. _____

The 72-Hour Check Back

Come back to this section within three days. Think about how you'll connect faith and climate action. Tell a loved one that you're embarking on a daily practice of sustainability. Ask them to be an accountability partner. Tell them you'll show them how to take action.

My accountability partner is: _____
_____.

Reflect on your strategies to relate faith or spirituality to climate action. What did you learn? What do you want to know more about? Where can you apply these connections?



the sage 21-DAY KICKSTARTER PLAN

	SUNDAY <i>know you can't go it alone</i>	MONDAY <i>think beyond your age</i>	TUESDAY <i>see energy in a new light</i>
WEEK 1	Plan to travel with a friend to a favorite natural area and meditate or pray.	Spend time outside with an older family member or friend for a visit, walk, or hike.	Share about the challenges of global warming in developing countries with your community or congregation.
WEEK 2	Call a friend you haven't talked to in a long time. Ask how they are doing. Make a plan to call them again.	Schedule a family Zoom call to talk about positive stories on social change. Share your thoughts on climate action.	Learn more about climate justice and host a community conversation about energy equity.
WEEK 3	Plan a Volunteer Day at a community environmental organization, camp, or service organization that connects faith, spirit, and service.	Talk to a Gen Zer about connecting to the outdoors and spirituality. Ask them about climate change. Or share your thoughts with someone older.	Inspire and lead your place of worship to consider investing in renewable energy sources for the facility.

WEDNESDAY

*understand that you
are what you eat*

THURSDAY

*protect
the source*

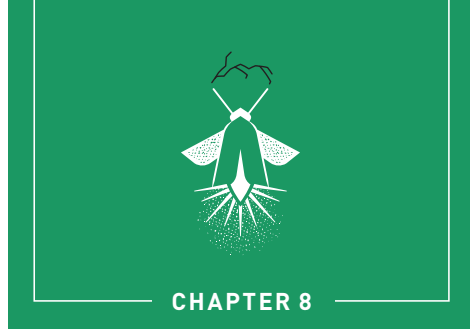
FRIDAY

*vote with your
wallet*

SATURDAY

*love your mother
(earth)*

Practice mindful eating to reflect on the importance of food as fuel.	Meditate by a body of water—a river, stream, lake, or ocean.	Go to a farmers market and thank a local farmer. Show them gratitude for their support of the community.	Visit a local park to enjoy public lands. While there, meditate and listen for the sounds of nature.
Have a conversation about the importance of plants as food and how our food is grown.	Observe the use of water in your home or neighborhood and list ways to reduce excess usage.	Commit to buying nothing today.	Take fifteen minutes to learn about faith-based environmental organizations, and introduce your community to those that align with your values.
Organize a plant-based potluck in your community to celebrate the power of food and togetherness.	Email, speak, or call on your congregation or community to support strong drinking water regulations and funding for water utilities.	Skip the takeout this week. Be mindful as you prepare your meals, and say a prayer or note of gratitude before you eat.	Go outside for ten minutes. Listen to the birds, check out the squirrels, or hang out with a family pet. Think about what you've learned about compassion from animals.



The Spark

UNIQUE SKILLS WORKSHEET

Three strengths I have that could help my community or the movement are:

1. _____
2. _____
3. _____

Three things the climate movement could do a better job of are:

1. _____
2. _____
3. _____

Three areas of action that would be a good match for my talents are:

1. _____
2. _____
3. _____

72-Hour Check Back

Make a promise to yourself to revisit this section within three days. Over the next 72 hours, survey your friends and family and identify those who are already involved in the environmental movement. In the space below, list three people you know who support, volunteer, or work in conservation, energy, food, or sustainability. Ask them to reach out the next time they have an event.

The three people I asked to reach out to me are:

1. _____
2. _____
3. _____

Take a few minutes to think about what you've learned in the past three days about yourself, your community, and climate action. What do you want to know more about? What areas are you most interested in supporting? How can you best apply your strengths to climate action in your community?



the spark 21-DAY KICKSTARTER PLAN

	SUNDAY <i>know you can't go it alone</i>	MONDAY <i>think beyond your age</i>	TUESDAY <i>see energy in a new light</i>
WEEK 1	Try a new movement or exercise class with a friend.	Support a local environmental education program or outdoor camp.	Sign up for renewable energy options through your local power company.
WEEK 2	Sign up for volunteer day in your community: a food bank, school, library, or retirement home—whatever works for you.	Talk to someone in another generation about climate change. What are they concerned about? What solutions most excite them?	Buy carbon offsets for your family and share why the offsets matter.
WEEK 3	Start a conversation to learn more about and share in your friends' passions for faith, self-care, journaling, meditation, or prayer.	Re-tweet a friend's call to action on an environmental issue.	Share a friend's or environmental organization's post on bringing more clean energy options to your area.

WEDNESDAY

*understand that you
are what you eat*

THURSDAY

*protect
the source*

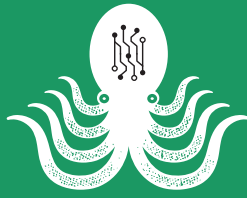
FRIDAY

*vote with your
wallet*

SATURDAY

*love your mother
(earth)*

Sign up for local composting in your community or encourage your community to start a composting co-op.	Plan a visit to a local body of water with a friend— a lake, river, or ocean.	Try replacing single-use plastic in your home. Make a list of what is easy and what is hard to eliminate.	Plan a picnic with friends.
Try “Meatless Mondays” for a month to focus on plant-based recipes.	Google your watershed to find out where your watershed boundaries are.	Commit to using real stuff in the kitchen: real plates, cloth napkins and towels. Cut back on paper goods.	Learn how to listen for native birds and spend time outside listening for local species. See if you can tune your ears into the local sounds.
Look at food labels when you shop and work to choose the options with the fewest ingredients.	Tell your family about the importance of supporting causes that keep our waters clean and protected.	Follow a friend’s advice on where to buy the best sustainable products.	Agree to go on an outdoor adventure when asked by your Adventurer friends.



CHAPTER 9

The Wonk

UNIQUE SKILLS WORKSHEET

Three strengths I have as a Wonk are:

1. _____
2. _____
3. _____

Three ways that the climate movement could improve:

1. _____
2. _____
3. _____

After reflecting on my interests and talents, here are three ways I might be able to help:

1. _____
2. _____
3. _____

72-Hour Check Back

Think about what climate action issues you're most interested in. Clean energy? Species extinction? Carbon sinks? Sustainable design? Finance? Write down the three areas you'd like to learn about, and make a commitment to spend fifteen minutes researching each topic in the next 72 hours.

The three topics I will research include:

1. _____
2. _____
3. _____

After the three days pass, write down what you learned in these areas. How did researching these topics make you feel? What surprised you most?



the wonk 21-DAY KICKSTARTER PLAN

	SUNDAY <i>know you can't go it alone</i>	MONDAY <i>think beyond your age</i>	TUESDAY <i>see energy in a new light</i>
WEEK 1	List the most inspiring and effective articles or books you've read on community building.	With other generations, watch a documentary about green living, the climate crisis, or sustainable practices and talk about it afterward.	Take fifteen minutes and find out whether you can switch to clean energy through your utility. If yes, make the switch.
WEEK 2	Research self-compassion, self-care, and how to avoid activism burnout.	Make a plan to read seminal environmental books from different decades (e.g., Rachel Carson, Al Gore, Greta Thunberg, etc.).	Take ten minutes to research the next meeting of your town or city council. Plan to share your thoughts on the importance of sustainability in a letter or in person.
WEEK 3	Learn more about conservation or climate action organizations in your area. Make a plan to show up at their next meeting.	Ask someone from a different generation—family or friend—about positive social changes they've witnessed. Compare notes.	Do an assessment of your home's appliances and make a goal list of energy-efficient options.

WEDNESDAY

*understand that you
are what you eat*

THURSDAY

*protect
the source*

FRIDAY

*vote with your
wallet*

SATURDAY

*love your mother
(earth)*

Research and share how to support sustainable agriculture in your community.	Take ten minutes to brainstorm ways to reduce water usage in your home, and choose a strategy to implement.	Track your use of single-use plastics for a day and figure out solutions to use less.	Work outside and enjoy the nature around you.
Influence and educate friends on the mind/body connection and the importance of nutrition in brain function.	Read an article about the importance of water conservation and reflect on what you learned.	Google trends in sustainable design. What's most exciting to you? Are there projects in your neighborhood that could benefit?	Sign up for wildlife conservation group's action alerts to support wildlife protection.
Share information about the importance of soil health in the foods we eat.	Attend or watch a lecture about water as a resource and how best to preserve it.	Take five minutes to Google the best sustainable brands for whatever household items you need this week. Then make the switch.	Consider how being outdoors affects how you feel and research the connection between nature and mental health.



CHAPTER 10

Future 2030: Apply Your Superpower Through Visualization

JOURNAL PROMPTS

- After completing your visualization exercise, what Service Superpower skills do you want to develop to meet this vision of 2030?
- Think about what habits you might want to change to contribute to the positive vision for 2030. Write down three small things you'll try to do to make a difference.
- What was most exciting about your vision for a regenerative, positive future for the planet? Is there a place you want to visit or hold sacred? Is there a place you want to share with family and friends? What connects you to that geography? How might the experience change as the impacts of climate change become more real?



CHAPTER 11

Rally for the Planet with Your One Green Thing Tools

JOURNAL PROMPTS

- Check out the tools in the appendix found in this PDF. What tool seems like the best fit for you or your lifestyle? What do you want to share with a friend or family member?
- What step of the Eco-Action Plan sounds the most interesting to you? The most fun?
- What are your barriers to following through on an Eco-Action Plan or a daily practice of sustainability? Name three challenges you might face as you implement your plan. Now think of how you might overcome those challenges to stay on track.
- What are you already doing that might work as a One Green Thing? What more do you want to do? What types of action do you think will be most meaningful to you and your family?
- Have you ever tracked your feelings before? How often do you tune in to how you are feeling or sensing? Or how you're connecting with others? What do you think the Joy Tracker might teach you?



CHAPTER 12

Know You Can't Go It Alone

GREEN TOUCHPOINTS

- Name one reason you picked up this book to learn about your talents in service.
- Reflect on who has been compassionate to you in a meaningful way this month. How have you been self-compassionate this week?
- Are you ready if you need to evacuate? Check out onegreenthing.org/gokit for instructions on creating a “go kit” so that you’re prepared in the event of a natural disaster.

JOURNAL PROMPTS

- Reflect on a time when you were a good friend to someone. How did you help them? How did you know you were supporting them?
- Do you know your neighbors? If not, reach out and try to connect. If yes, get to know them better. Ask a question. Then ask a follow-up question.
- When was the last time you went to a community event? What did you learn? Would you do it again? If yes, make a plan to do it!

- Focus on self-compassion. Think of a time when you were hard on yourself and ruminated on a bad decision, mistake, or weird social interaction. Now recall a moment when you were a compassionate, loving friend to yourself. What did you do or not do? How did it feel? Consider taking time each day to make sure you're treating yourself as you would a dear friend. Tell that inner critic to take a hike!



CHAPTER 13

Think Beyond Your Age

GREEN TOUCHPOINTS

- Think of an example of “cathedral thinking” that you’ve experienced or seen in your lifetime—a building, a technology, an ethic, a cultural change, etc.
- Think about your Service Superpower and how you’ve shown up for service to others in the past. What three adjectives do you hope will describe your legacy?
- Do you know a Gen Zer with anxiety? If not, have you experienced anxiety? If yes, have you talked with the young person about their anxiety? Have you talked to them about global warming?

JOURNAL PROMPTS

- Think about big social and cultural changes you’ve witnessed in your lifetime that give you hope for the future. Take five minutes to write down your thoughts.
- What do you want the next generation to know about you and your experience on this planet? How do you want to be remembered? What do you want your legacy to be?
- Write about an important life lesson you learned from your grandparent or an older mentor, or write about a life lesson you learned from someone younger than you.



CHAPTER 14

See Energy in a New Light

GREEN TOUCHPOINTS

- Even with the scientific consensus and extreme global weather events, why do you think only 72 percent of Americans believe in global warming and only 57 percent believe that human activity causes it? In your opinion, what needs to change?
- How do you think we can bring more people into the climate movement?
- Think back to middle school civics class. Do you track federal and state legislation? Jot down what you would like to know more about or what you already know that you want to share with friends.
- What proposed policy sounds the most promising to you?

JOURNAL PROMPTS

- Do you know where your energy comes from, or is it like magic to you? Have you ever talked with your energy company? Consider asking them about their portfolio and future clean energy plans. Write down three things you want to know about the energy in your community.
- Consider the unequal impacts of climate change. With record heat and traumatic weather events, the most vulnerable are likely in danger, either from heat stroke (without A/C) or freezing weather. What needs to change at the federal level?

State level? In your community? Are you prepared for disruptive climate events?

- Do you have family members or friends who don't think the climate crisis is a problem? If yes, write down three things you'd like to discuss—compassionately and respectfully—with friends who aren't sure about the climate crisis. If no, write down three things you learned in this chapter.



CHAPTER 15

Understand That You Are What You Eat

GREEN TOUCHPOINTS

- Have you ever had a moment of breathtaking gratitude?
- What was the cafeteria food like in your school? What worked? What didn't?

JOURNAL PROMPTS

- Reflect on your Service Superpower profile. What actions in “You Are What You Eat” resonate with you? What One Green Things are you already doing? What can you easily incorporate into your routine?
- Think about what you ate today. Where did it come from? How was it grown? How can you learn more or make better decisions for your health and the planet?
- What was a special meal or dish someone important to you made when you were growing up? What did it smell like? Look like? Taste like? What do you wonder about that meal now? Can you re-create it and share it with someone you love?



CHAPTER 16

Protect the Source

GREEN TOUCHPOINTS

- Is there a documentary or movie about a social justice issue that has changed your behavior? How did it make you think differently about that issue or about service?
- Think about Erin Brockovich, Rob Bilott, Jerry Ensminger, Mike Partain, and Mari Copeny. Is there an Eco Hero you'd like to meet or to recognize for their work?

JOURNAL PROMPTS

- Is there a body of water—a lake, river, pond, or ocean—that is especially meaningful to you? What memories or feelings do you have when you think about it? What do you think the experience will be like in the future?
- Do you know about the water in your community? What watershed are you in? Where does your water come from? Take five minutes and Google it. Write down what you learned.
- Think about your Service Superpower and your strengths. How might you apply them to protect the source?



CHAPTER 17

Vote with Your Wallet

GREEN TOUCHPOINTS

- Are you familiar with POPs or endocrine disruptors? If not, are you surprised they're in consumer goods? If yes, what do you do to try to avoid exposure?
- What are your favorite personal care products? Could you switch to greener, safer options? Or recommend a favorite green brand?
- What simple changes could make your closet more sustainable or reflect the concept "less is more"?

JOURNAL PROMPTS

- What are some of your favorite sustainable brands? Consider sharing your recommendations with friends.
- What surprised you most about the content in this chapter? What do you want to learn more about? What will you share with friends?
- Think back to the 2030 visualization exercise in chapter 10. What will you be buying or not buying in the 2030 marketplace? Will sustainable or regenerative products be considered the norm? What habits do you have now that you think will be outdated by then?



CHAPTER 18

Love Your Mother (Earth)

GREEN TOUCHPOINTS

- Think back on an important animal experience, whether with a pet or wildlife. What do you most remember about it?
- Have you seen environmental progress in your life (e.g., cleaner air, water, or energy or a new park)?
- What's your favorite national park or public land? What do you know about its history? Do you know what tribes are associated with that land?

JOURNAL PROMPTS

- Think about what animals mean to you. Did you have a special pet or connection with an animal that helped bring you comfort, shaped who you are, or enabled you to enjoy the awe of nature? If not, have you experienced a moment, like mine in Yellowstone or at the horse sanctuary, that connected you in a meaningful way to the natural world?
- Did you have a favorite outdoor spot you'd visit when you were a child? Describe what it was like. What made it special? How did you feel in that space? What did you see, hear, smell, or taste?

- Reflect on Louv's Principle of Reciprocity. Do you have an ethic or principle that reflects your conservation ethic? Revisit your One Green Thing *why* from chapter 2. Does it still resonate after reading the chapters on how to effect change? If yes, why? If not, consider revising it.

Appendix

1

reflect

DISCOVER YOUR SERVICE SUPERPOWER

Envision your journey toward creating a better future. Think about your Service Superpower Profile strengths and your greatest concerns. Examples include: plastic pollution, lack of clean energy options, species extinction.

TIP: Set a five-minute timer to keep focused!

2

set & share goals

IDENTIFY YOUR TOP CONCERNS

When the five minutes are up, pause and reflect. If you are working with a group, listen carefully as you share your profiles and concerns.

TIP: Try creating your vision for a positive future.

3

dive in & learn

RESEARCH & REGROUP

After setting goals, research ways to take action that support your top three concerns. Set a deadline and a follow-up meeting to share ideas for action. Remember, this is fun!

TIP: If you have trouble finding ways to help, check out www.onegreenthing.org for resources and ideas!



start taking action

JOURNAL TO TRACK ACTIONS & JOY

The action plan will consist of your top three issues. Each day, take one action and then write down not only what you did but how it made you feel, using the Joy Tracker. Align your One Green Things with your profile.

TIP: Create a journal to reflect on the impacts of the actions.



celebrate & look ahead

WHAT WORKED? WHAT DIDN'T? WHAT'S NEXT?

Don't forget to celebrate at the end of the first month of action. Share how you are feeling. What actions made the biggest difference, what were simply fun, and what may have created the foundation for real change? Then ask yourself, *What's next?* Make a plan for your next thirty days and how to keep changing the world.



REMEMBER: Thirty days isn't enough for anyone to save the planet. Yet research shows that taking action reduces anxiety and helps create cultural change. Track your action. Recruit others to join you.

○ —————> **VOTE FOR CLIMATE ACTION**

Support local, state, and federal legislators who support strong clean energy and climate policies.

*Carbon emissions in the US saved by 2030: **3 gigatons***

○ —————> **REDUCE AIRLINE TRAVEL**

Buy carbon offsets when you do.

*Carbon emissions saved: **700–2800 kg/year***

○ —————> **GREEN YOUR PORTFOLIO**

Check your retirement fund or savings account. Consider investing in renewables and divest from fossil fuels.

*Carbon emissions saved: **A LOT!**
(and \$14 trillion in the divest movement)*

○ —————> **EAT MORE PLANTS, LESS MEAT**

Reducing your meat intake by half can cut your carbon footprint by 40 percent.

*Carbon emissions saved: **300–1600 kg/year***

○ —————> **WALK, BIKE, RIDE**

Greening your commute by taking advantage of public transit or buying a more efficient car can also significantly reduce your footprint.

*Carbon emissions saved living “car-free”: **1000–5300 kg/year***

*Carbon emissions saved with a more efficient car: **1190 kg/year***

Sources: David Suzuki Foundation, “Top 10 Things You Can Do About Climate Change”; Seth Wynes and Kimberly A. Nicholas, “The Climate Mitigation Gap: Education and Government Recommendations Miss the Most Effective

REDUCE FOOD WASTE

Most families throw out 3 kg of otherwise edible food a week. Eliminating food waste or composting can make a big impact.

Carbon emissions saved: 530 kg/year

SWITCH TO GREEN POWER

Call your energy provider to see if you can make the switch.

Carbon emissions saved: 1000–2500 kg/year

FORGET FAST FASHION

The fashion industry contributes 10 percent of global carbon emissions. According to the thredUP fashion calculator, the average person's fashion footprint is 734.8 kg/year

Carbon emissions saved: 440 kg/year

WASH IN COLD WATER

Washing laundry in cold water can result in significant energy savings.

Carbon emissions saved: 250 kg/year

TALK ABOUT THE CLIMATE CRISIS

The biggest impact you can make is with your family, friends, and community. Talk about the need for big climate solutions. Reach out with compassion. Discuss being a good ancestor. Create a greener, healthier, more equitable world for the next generation.

Saved: our shared future

Individual Actions"; Paul Hawken, Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming; thredUP Fashion Calculator.

joy tracker

Use the tracker to connect feelings of joy (and maybe less anxiety!) to the habits you are building with One Green Thing.

To begin, write down your One Green Thing for each day of the week below:

DAY 1	
DAY 2	
DAY 3	
DAY 4	
DAY 5	
DAY 6	
DAY 7	

Now think about how each activity made you feel. For each day, put a mark on the continuum to record how you felt overall—joyful, joyless, or somewhere in between.

JOY
LESS

JOY
FUL

JOY
LESS

JOY
FUL

JOY
LESS

JOY
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JOY
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JOY
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JOY
LESS

JOY
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JOY
LESS

JOY
FUL

JOY
LESS

JOY
FUL

Organizations to Explore by Service Superpower Profile

Adventurer

- Bahamas Plastic Movement (bahamasplasticmovement.org)
- City Kids Wilderness Project (citykidsdc.org)
- Latinos Outdoors (latinooutdoors.org)
- National Geographic Society (nationalgeographic.org)
- Outdoor Afro (outdoorafro.org)
- Sierra Club (sierraclub.org)
- Student Conservation Association (thesca.org)

Beacon

- Climate Reality Project (climateresearchproject.org)
- Earthjustice (earthjustice.org)
- Fair Fight (fairfight.com)
- Greenpeace (greenpeace.org)
- Green Latinos (greenlatinos.org)
- The Louisiana Bucket Brigade (labucketbrigade.org)
- Sunrise Movement (sunrisemovement.org)

Influencer

- Charity: Water (charitywater.org)
- Environmental Media Association (green4ema.org)
- Global Green (globalgreen.org)
- Indigenous Environmental Network (ienearth.org)
- Natural Resources Defense Council (nrdc.org)
- Plastic Pollution Coalition (plasticpollution.org)
- WE-ACT Justice (weact.org)

Philanthropist

- Deep South Center for Environmental Justice (dscej.org)
- Defenders of Wildlife (defenders.org)

- Give Green (givegreen.org)
- League of Conservation Voters (lcv.org)
- Moms Clean Air Force (momscleanairforce.org)
- Native Americans in Philanthropy (nativephilanthropy.org)
- Powershift Network (powershift.org)

Sage

- The Coalition on the Environment & Jewish Life (coejl.org)
- Evangelical Environmental Network (creationcare.org)
- Interfaith Power & Light (interfaithpowerandlight.org)
- Green Faith (greenfaith.org)
- Green the Church (greenthechurch.org)
- National Religious Coalition on Creation Care (nrccc.org)
- National Religious Partnership for the Environment (nrpe.org)

Spark

- National Environmental Education Foundation (neefusa.org)
- National Parks Foundation (nationalparks.org)
- National Wildlife Federation (nwf.org)
- Public Lands Alliance (publiclandsalliance.org)
- US PIRG (pirg.org) and the state PIRGs
- Local land trusts
- State-based environmental health organizations

Wonk

- Climate Central (climatecentral.org)
- Environmental Defense Fund (edf.org)
- Friends of the Earth (foe.org)
- The Nature Conservancy (nature.org)
- Project Drawdown (drawdown.org)
- Science Moms (sciencemoms.com)
- Union of Concerned Scientists (ucsusa.org)

Organizations to Explore by Area of Change

Know You Can't Go It Alone

Disaster relief organizations

- American Red Cross (redcross.org)
- Doctors Without Borders (doctorswithoutborders.org)
- CARE (care.org)
- UNICEF (unicef.org)
- World Central Kitchen (wck.org)

Think Beyond Your Age

Groups facilitating intergenerational conversation

- Elders Climate Action (eldersclimateaction.org)
- Fridays for Future (fridaysforfuture.org)
- Hip Hop Caucus (hiphopcaucus.org)
- Mothers Out Front (mothersoutfront.org)
- OneGreenThing (onegreenthing.org)
- Third Act (thirdact.org)
- Zero Hour (thisiszerohour.org)

See Energy in a New Light

Organizations pushing for climate justice & clean energy solutions

- 350 (350.org)
- CERES (ceres.org)
- Climate Justice Alliance (climatejusticealliance.org)
- EcoAmerica (ecoamerica.org)
- Grid Alternatives (gridalternatives.org)
- Indigenous Climate Action (indigenousclimateaction.com)
- Rocky Mountain Institute (rmi.org)

Understand That You Are What You Eat

Organizations focused on sustainable food

- Center for Science in the Public Interest (cspinet.org)

- Eat Real (eatreal.org)
- National Black Farmers Association (nationalblackfarmersassociation.org)
- National Sustainable Agriculture Coalition (sustainableagriculture.net)
- Growing Hope Globally (growinghopeglobally.org)
- Planting Justice (plantingjustice.org)
- United Farm Workers (ufw.org)

Protect the Source

Organizations focused on clean water and ocean protection for all

- American Rivers (americanrivers.org)
- Clean Water Action (cleanwateraction.org)
- Ocean Conservancy (oceanconservancy.org)
- The Oxygen Project (oxygenproject.org)
- Riverkeeper (riverkeeper.org)
- Surfrider Foundation (surfrider.org)
- Regional and local watershed groups

Vote with Your Wallet

Organizations fighting for environmental health

- Asian Pacific Environmental Network (apen4ej.org)
- Breast Cancer Prevention Partners (bcpp.org)
- Center for Environmental Health (ceh.org)
- David Suzuki Foundation (davidsozuzuki.org)
- Environmental Working Group (ewg.org)
- Safer Chemicals, Healthy Families (saferchemicals.org)

Love Your Mother (Earth)

Organizations protecting wildlife and connecting people to nature

- Children & Nature Network (childrenandnature.org)
- Conservation International (conservation.org)
- Honor the Earth (honorearth.org)
- National Parks & Conservation Organization (npca.org)
- RARE (rare.org)

- The Wilderness Society (wilderness.org)
- Regional and local environmental organizations

Learn more about all these charities at candid.org or charitynavigator.org. For suggestions on documentaries, films, books, and influencers to follow, visit www.onegreenthing.org/bookresources.

The OneGreenThing Newsletter

Every two weeks, receive the latest news on climate action and personalized One Green Things based on each Service Superpower. Sign up at www.onegreenthing.org.

For more inspiration, follow us on Instagram [@onegreenthing](https://www.instagram.com/onegreenthing) and Twitter [@onegreenthing](https://twitter.com/onegreenthing)

Sign up for my personal newsletter at www.heatherwhite.com.