



**BE A GOOD
EARTHILING**

**Become a Good Earthling
&
BE A GOOD EARTHILING**

TOGETHER WE CAN CHANGE THE WORLD



BE A GOOD EARTHLING

*„Alone we can accomplish many great things. Together
we can change the world.“*

-Estefania Guadalupe Estrada

Foreword

In the past few years we've traveled a lot since we really love exploring new places and we simply adore the beautiful sights that nature has to offer all over the globe. But unfortunately in almost every country of the world there are some kind of problems.

Whether those are political, social or environmental they all have one thing in common – they were mainly caused by mankind. Real shocker, right? Due to the high and intense pace of our lives people tend to be really inconsiderate towards each other and especially toward the Mother Nature. Ok, of course there are also some people who are simply mean but let us hope for the sake of our future that those are in minority.

We are aware that most of you out there know what it takes to be a good kid, a good man, a good woman, a good person, a good citizen and ultimately a good Earthling. But if you really think about it, you might realize that you're actually not doing the best you could. Are we right? Hey, don't get us wrong we're not judging, we were exactly the same, we simply weren't thinking about that. That's why we've decided to try and do our best or at least better in the future.

In the past year we did one nice thing for our planet or fellow human each week and posted those as “weekly challenges” on our [website](#). Since we really want to reach as many people as possible we decided to group those challenges in a form of a book. We hope you'll learn some new information and that you won't have any problem executing the challenges.

By implementing habit changing actions from this book into your everyday life, you'll become an even more considerate and environment oriented individual, which will improve the quality of your life and the lives of people around you. As such you'll play an important role in restoring and preserving our planet in the years to come.

Introduction

Habit changing actions you'll be asked/suggested to perform herein, will be easy and pretty straight forward. We have arranged them into two main categories: „Help others/yourself“ and „Preserve the environment“.

This book will make it really simple for you to make a change since you won't have to think about what to do to contribute to making the world a better place. All you have to do is read the actions and execute it in one week.

Some of these actions will be totally basic and very easy and many of you'll be able to just check off some of the tasks as soon as you'll read them since you're already doing certain stuff the way a Good Earthling should. Good for you! Just keep up the good work. Moreover, many tasks will be habit changing orientated, don't just do them once, try and make them a part of your daily routine in the future.

We really hope you'll enjoy your transformation and that you'll find it interesting, educative and fulfilling.

In case you'd like to learn more about each topic that action refers to just click on the image next to it and it will take you to our website where you can get more information.

“What you do today can improve all your tomorrows.”

-Ralph Marston

List of content

Help others/yourself	Page 5		
Speed Limit	Page 6	Visit an animal shelter	Page 30
Cigarettes	Page 8	New home for a shelter animal	Page 32
Alcohol consumption	Page 10	Do not support animal abuse	Page 34
Donate clothes	Page 12	Paying compliments	Page 36
Help a homeless person	Page 14	A sincere hug	Page 38
Be the solution	Page 18	Hold the door	Page 40
Take a deep breath	Page 20	Give up your seat	Page 42
Spreading awareness	Page 22	Positive thinking	Page 44
Practice honesty	Page 24	Gender equality	Page 46
List yourself as an organ donor	Page 26	Use your right to vote	Page 48
Donate blood	Page 28	Consider adopting	Page 50
Preserve the environment	Page 52		
Unplugged	Page 53	Buy fewer clothes	Page 85
Turn off the lights	Page 55	Use only rechargeable batteries	Page 87
Take the stairs	Page 57	Recycle	Page 89
Minimize the use of drying machine	Page 59	Use fewer paper products	Page 95
Save water	Page 61	Spreading awareness	Page 103
Use reusable shopping bag	Page 69	Buy local food	Page 105
Fight against littering	Page 71	Accept nuclear power plants	Page 107
Eat less meat	Page 73	Spent your money wisely	Page 109
CO2 emission reduction	Page 75	ENHANCED GLOBAL WARMING	Page 111
Plant trees	Page 79	Truth About Planet Impact	Page 112
Say NO to single-use plastic	Page 81		

Help others / yourself

Dear, Earthling!

You share this planet with over 7 billion other people and over 8.7 million species of animals and plants. That is why you must do the best you can to treat them all with kindness and respect they deserve.

Actions presented in this category will help you achieve just that. By implementing them into your everyday life and turning them into habits, you will become a great fellow earthling who respects all other creatures that you share this planet with.

Do your best! Be the best! Give the best! Get the best!

*Love,
Good Earthlings*

*“Do right. Do your best. Treat others as you want
to be treated.”*

-Lou Holtz

**DO NOT EXCEED SPEED LIMITS,
ESPECIALLY IN RESIDENTIAL
AREAS.**

beagoodearthling.com



Help others/yourself

Do not exceed residential area speed limit.

If you don't have your driving license, remind the one driving you not to exceed speed limits.

To keep in mind:

- ***Too many people die in car accidents.*** On average 3,287 people die in road crashes every day, that's nearly 1.3 million each year.
- ***The most at risk is younger population.*** More than half of all road traffic accidents occur among ages 15 – 44.
- ***To lose a loved one due to a reckless driver is unimaginably hard, but bearing the responsibility of knowing that you could have saved a life just by driving slower can be even harder.***
- ***Do your best to always respect residential area speed limit.*** An adult pedestrian struck by a car at 50 km/h (31 mph) faces 20 % risk of dying vs. 60 % risk of dying at 80 km/h (50 mph).
- ***Always keep [a first aid kit](#) in your car to be able to help yourself, your loved ones and others in case of a car accident.***
- ***Consider installing [dashboard camera](#) to protect yourself if things go wrong.***

“Baseball is like driving, it's the one who gets home safely that counts.”

-Tommy Lasorda

DO YOUR BEST TO
CONVINCE SOMEONE TO
QUIT SMOKING CIGARETTES.

beagoodearthling.com



Help others/yourself

Do your best to convince someone to quit smoking cigarettes.

If you're a smoker, you can start by convincing yourself to quit smoking.

To keep in mind:

- **Smoking causes many life-threatening or even deadly diseases.** Smoking causes 1 in every 5 deaths in the US every year.
- **Smoking leads to premature death.** On average, smokers die 13 to 14 years earlier than nonsmokers.
- **Secondhand smoke is also extremely dangerous.** There are around 50,000 deaths each year in the US alone due to exposure to secondhand smoke.
- **By quitting smoking one can save over \$3,000 per year.**
- **There are many ways to help you quit smoking or convince others to do so.** A [nicotine replacement therapy](#) can be very effective.
- **Not willing to quit?** At least consider switching to [e-cigarettes](#).

“It always seems impossible until it's done.”

-Nelson Mandela

WHEN IT COMES TO ALCOHOL,
LIMIT ITS INTAKE TO ONE
STANDARD DRINK PER DAY.

beagoodearthling.com



Help others/yourself

Don't drink alcohol for two weeks in a row.

To keep in mind:

- **Limit your alcohol consumption to one standard drink per day.** A standard drink refers to any kind of drink that contains about 14 grams (0.6 fl oz) of “pure” alcohol.
- **Alcohol is bad for your body and health.** There are over 85,000 deaths due to excessive alcohol use per year in the US alone.
- **Drinking alcohol doesn't make you cool.**
- **Most of the people don't even like the taste of alcoholic beverages.**
- **Learn how to have fun being sober.**
- **The best way to prevent a hangover is not to drink in the first place.**
- **In case you do get drunk, try to get rid of your hangover by drinking a hot water, lemon juice, and honey mix.**

“One reason I don't drink is that I want to know when I am having a good time.”

-Nancy Astor

**DONATE CLOTHES THAT
ARE JUST LYING AROUND
IN YOUR CLOSETS.**

beagoodearthling.com



Help others/yourself

Select at least three sets of clothing that you no longer use and donate them to a charity of your choice or give them directly to those in need.

To keep in mind:

- **Donate clothes you aren't using.**
- **Drop them off at clothing donation drop off locations or apply for a clothing donation pick up.**
- **By donating clothes you'll help people in need.**
- **By donating clothes you'll feel great.** *There is a great feeling most of us experience when performing any kind of good deed. It might be a bit selfish to help others to experience that, but if it comes on the side, why not enjoy it.*
- **By donating clothes you'll also clean up your closet.** *Most of us tend to postpone tidying up our closets because it's really easy to just close the door and hide the mess, that's why we can all use an extra encouragement to put our closets in order.*

“We make a living by what we get, but we make a life by what we give.”

-Winston Churchill



**BUY A SANDWICH OR SOME OTHER
FOOD FOR A HOMELESS PERSON.**

beagoodearthling.com



Help others/yourself

Buy a sandwich or some other food for a homeless person.

Make sure you give it to him/her yourself.

To keep in mind:

- ***There are over 100 million people homeless worldwide.***
- ***Governments in countries all around the world aren't doing a lot to help homeless people.***
- ***The majority of homeless people are malnourished.***
- ***Don't judge a homeless person. All you know about a homeless person is that he/she doesn't have a home.***
- ***Teach kids to be kind and polite to homeless people.***
- ***Prepare yourself to execute this challenge in the best possible way. Some might not accept the food you'll give them kindly. If that happens, just walk away.***

“No one has ever become poor by giving.”

-Helen Keller



**GIVE A BLANKET TO A
HOMELESS PERSON.**

beagoodearthling.com



Help others/yourself

Give a blanket to a homeless person.

To keep in mind:

- ***All you know about a homeless person is that he/she doesn't have a home. We don't know their story, we don't know how they got into that position, that's why we really shouldn't judge them.***
- ***Teach kids to be kind and polite to homeless people.***
- ***There are over 100 million people homeless worldwide. The majority of homeless people are malnourished – their bodies produce less heat.***
- ***Buying something for a homeless person and then giving it to him/her is way more personal than giving them money.***

“While wishing a beautiful snowing for the streets of your city, do not forget also to wish a warm house for the homeless!”

-Mehmet Murat Ildan

TAKE 3 MIN OF YOUR TIME
AND THINK ABOUT THE THINGS
THAT ARE SIMPLY WRONG IN THIS
WORLD. THEN TAKE ANOTHER 3
MIN THINKING HOW TO FIX THEM.

beagoodearthling.com



Help others / yourself

Take 3 minutes of your time and think about the things that are simply wrong in this world. Then take another 3 minutes to think about how to fix them!

Try and do that every day for a week. If you'll think of any solutions write them down and send your ideas to the relevant officials or at least share them with us.

To keep in mind:

- ***There are too many things wrong in this world:*** some people are starving while others throw away their food, some people don't have anything to drink while others water their lawns, there are wars in this world, some people get mistreated due to the color of their skin, some people get mistreated due to their sexual orientation, some people torture animals or exploit them in any way, some children are being molested every day, some women are beaten by their man every day, some women get raped every day, the green forest is being torn down to make room for livestock, ...
- ***Everyone can make a difference.***
- ***We have to do better to make overdue improvements.***

*“We ourselves feel that what we are doing is just a drop in the ocean.
But the ocean would be less because of that missing drop.”*

-Mother Teresa



**RELAX YOUR MIND!
DO THE FOLLOWING AT LEAST
TWICE PER DAY: CLOSE YOUR EYES
AND TAKE A DEEP BREATH.**

beagoodearthling.com

Help others / yourself

Do the following at least twice per day: close your eyes and take a deep breath.

Instructions: take a deep breath in (4 seconds – count one thousand, two thousand, three thousand, four to set a slow and steady pace), then hold your breath for 2 seconds, and release slowly through slightly pursed lips (8 seconds count).

To keep in mind:

- **Long-term stress is very bad for your health.** Chronic stress, which is caused by unpleasant day-to-day stuff (money problems, traffic jams, school or work to-do lists, unemployment ...) is really bad for us. Those kinds of situations can cause our body to activate nonstop stress response – putting our hormone levels out of ordinary, which damages our immune system. That way we're more likely to get sick.
- **Don't let the stress get the best of you.**
- **There are different ways to fight stress:** [breathing exercises](#), [Yoga](#), massage, [meditation](#), music, scents, etc.

“The time to relax is when you don't have time for it.”

-Sydney J. Harris

A woman in a purple sari is embracing a man in a purple sari. The woman has her arm around the man's shoulder. The man is looking towards the camera. The background is dark. The text is overlaid on the image.

LEARN SOME BASIC INFORMATION
ABOUT BREAST CANCER AND
SPREAD AWARENESS AMONG
YOUR FAMILY AND FRIENDS.

beagoodearthling.com

Help others/yourself

Learn some basic information about breast cancer and spread awareness among your family and friends.

Or do the same for any other disease you think could be prevented by spreading awareness.

To keep in mind:

- ***Breast cancer is the most common type of cancer among women.***
- ***A person can fully recover if breast cancer is discovered in early stages.***
- ***There are things you can do to prevent tumors or at least discover them as soon as possible. Avoid alcohol and smoking, be physically active, regular breast check, breast massage, certain diets can help prevent cancer, etc.***
- ***A healthy mind in a healthy body is the best way to go.***
- ***The most important advice: always stay positive; the power of the human mind is amazing.***
- ***The outcome when fighting with a tough disease greatly depends on individual's mindset, which is highly influenced by people around that person.***

“When life kicks you, let it kick you forward.”

-Kay Yow



BE AS HONEST AS YOU
POSSIBLY CAN.

beagoodearthling.com



Help others / yourself

Try to go through your day by being as honest as you possibly can.

The ultimate goal is to be 100 % honest, but let's start by trying to be more honest than you usually are.

To keep in mind:

- **Be honest with yourself.** Make sure you know yourself well enough to understand what are your likes and dislikes, pros and cons, and to know your qualities and imperfections. Then do the best you can to stay true to yourself.
- **Be honest with people around you.** It is important to work on being honest in a polite way. But when you come to a point when you have to choose between the two, do your best to go with honesty.
- **Stop slandering.** Do not talking behind other people's backs unless you've got some nice things to say about them.
- **Appreciate the truth and honesty.** Life is just too short for us to be wasting it on pretending, lying, and faking it.

“Telling the truth and making someone cry is better than telling a lie and making someone smile.”

-Paolo Coelho

I AM AN
WELL-ORGANIZED
DONOR

LIST YOURSELF AS AN
ORGAN DONOR.

beagoodearthling.com



Help others / yourself

List yourself as an organ donor.

To keep in mind:

- ***Register as an organ donor. In many countries you can do it online in less than 5 minutes.***
- ***On average, 18 people die while waiting for organ transplants every day in the US alone.***
- ***Tissues and organs that can be donated include heart, lungs, kidneys, pancreas, liver, intestines, corneas, skin, bone, tendons, and heart valves.***
- ***Organ donor and recipient can be 100 % anonymous or information about an organ donor can be released to the recipient if the donor's family requests or agrees to it.***
- ***The organ transplants success rate is between 80 and 90 percent.***
- ***You can save up to 8 lives as an organ donor.***

***“Organ donors are the real heroes. I’m here today because of one.
I’m forever grateful, forever humbled by that.”***

-Chris Klug

A photograph showing a person's arm being prepared for a blood donation. A black blood pressure cuff with the brand name 'Alllyn' and 'SINGLE TWO-PIECE Inflation Cuff' is wrapped around the upper arm. A nurse wearing blue gloves is using a needle to draw blood from the arm. The person's arm has a small, colorful Earth-themed sticker on the wrist. The background is slightly blurred, showing other people in a clinical setting.

**DONATE BLOOD
AS OFTEN AS POSSIBLE.**

beagoodearthling.com

Help others / yourself

Donate blood at the first chance you get.

If possible do it this week.

To keep in mind:

- **Donate blood as often as you can.** Women can give blood every 4 months and men every 3 months.
- **You can save up to three lives by donating blood.**
- **Donating blood is good for your health.** It reduces the risk of heart disease and lowers the risk of cancer.
- **When you donate blood you receive a free health exam.** So in case there's something wrong with you, they will find out and notify you.
- **By donating blood you'll find out which is your blood type.** This is a very good thing to know since that information can sometimes make a difference between life and death.
- **There are some limitations to who can donate blood** – age, health condition, weight, and others.
- **Google “blood donation center near me”** – easiest way to locate where to donate blood.

“If you're a blood donor, you're a hero to someone, somewhere, who received your gracious gift of life.”

-The Fresh Quotes

A close-up photograph of a brown and black dog looking through a chain-link fence. The dog's face is partially obscured by the metal mesh. The dog is wearing a collar with a small globe-shaped tag. The background is filled with straw or hay. The entire image is framed by a white border.

**VISIT AN ANIMAL SHELTER AND
GET AN ANIMAL OF YOUR CHOICE.**

beagoodearthling.com

Help others/yourself

Visit an animal shelter and pet an animal of your choice.

To keep in mind:

- ***Over 5 million animals are euthanized in animal shelters each year in the US alone.***
- ***Animals in shelters lack human companionship.***
- ***Visiting an animal shelter can be a great experience.*** *Animals in shelters lack human companionship, that's why their reaction to your attention towards them can be overwhelming. Your time to pet them and take some time for them can mean the world to shelter animals.*
- ***If you're thinking about getting a new pet, consider adopting one from a shelter.*** *You can save a lot of money by adopting it from the shelter. Moreover, in many cases, animals in shelters are already trained to a certain degree, which will make it a lot easier for you. Plus, animals in shelters are checked by veterinarians. In case you'll adopt an animal from the shelter, you'll know about their health condition.*
- ***Teach children to treat animals the right way.***

“Each and every animal on earth has as much right to be here as you and me.”

-Anthony Douglas Williams

A photograph of two puppies in a wire cage. One puppy is black and white with tan spots, looking towards the camera. The other is mostly tan with a black face, looking down. The cage floor is dark, and the background shows the metal bars of the cage.

HELP FIND A NEW HOME
FOR A SHELTER ANIMAL.

beagoodearthling.com



Help others/yourself

Help find a new home for a shelter animal.

To keep in mind:

- **Use social media to help find a new home for a shelter animal.** We suggest you start by visiting a local animal shelter. Just write “animal shelter near me” or “local animal shelters near me” into Google search engine and you’ll find the exact location of the local animal shelters. When you’ll decide to pay this shelter a visit, make sure you have your phone (or a camera) with you. Once you’re there, take a photo/photos of an animal (animals) you’d like to help find a new home (homes) for. Then post those images on social media and write something that will call people to adopt the animal on the photo. Make sure you add the name and the location of a shelter where the animal can be found. You can also write a shelter’s phone number below the photo. Make sure you add the name and the location of a shelter where the animal can be found. You can also write a shelter’s phone number below the photo.
- **Consider adopting a shelter animal yourself.** Adopting an animal can be extremely fulfilling. According to the owners of adopted animals, they tend to be very grateful.

“I only feel angry when I see waste. When I see people throwing away things we could use.”

-Mother Teresa

A close-up photograph of a chimpanzee's face, showing a significant, bloody wound on its forehead and another on its cheek. The chimpanzee is behind a chain-link fence, and its hands are visible at the top, gripping the fence. The background is a blurred outdoor setting.

**DO NOT SUPPORT
(DON'T GIVE YOUR MONEY TO)
ORGANIZATIONS
THAT ABUSE ANIMALS.**

beagoodearthling.com



Help others/yourself

Do not support animal abuse.

To keep in mind:

- *When we hear about animal abuse, we mostly think about animals being harmed, bitten, or starved. But there are others forms of animal abuse. For instance, to take a cub from the wild, from its mom and use it to sell tickets is also animal abuse. To drug an animal so that it's safer for visitors (us human) to interact with it is also an animal abuse.*
- **Do not give your money to organizations that abuse animals.** *All those animal abusing businesses are there because we support them. Remember that!*
- **Tell your kids the truth – teach them that animals belong in the wild (pets aside).**
- **It's way better to watch a documentarian than to visit a ZOO.** *Usually, animals that are seen in ZOOs, theme parks, circuses and other money making shows or animal-human interaction centers were either stolen from the wilderness as offspring or are results of arranged mating or artificial insemination of animals already in captivity.*

“If you don't like seeing pictures of violence towards animals being posted, you need to help stop the violence, not the pictures.”

-Jonny Depp

**DAY COMPLIMENTS
TO OTHERS.**

**YOU ARE
BEAUTIFUL.**

beagoodearthling.com



Help others/yourself

Pay someone you care about a compliment.

Don't just say it, you must really mean it!

To keep in mind:

- ***Pay compliments as often as possible.*** *What goes around comes around – be nice to others, compliment them and you'll receive a similar treatment.*
- ***Pay compliments the right way.*** *Be genuine, try looking a person into their eyes when paying them a compliment, try and be very specific when paying a compliment, not every kind of compliment is appropriate in every situation, be as respectful as possible, make sure not to start a conversation about you right after you've paid a compliment to someone, and try complimenting on things the receiver values.*
- ***Pay compliments only when you mean it.***

“Everybody likes a compliment.”

-Abraham Lincoln

GIVE A PERSON OF A DIFFERENT
RACE/RELIGION/CULTURE A
SINCERE HUG.

beagoodearthling.com



Help others/yourself

Give a person of different race/religion/culture a sincere hug.

To keep in mind:

- **Contribute to overcoming the race/religion/culture intolerance.** By hugging a person of different race/religion/culture you contribute to overcoming the sad fact that a race/religion/culture intolerance is still present around every corner.
- **Show someone your respect with a hug.** Sadly, there are still many who don't share a belief that people should only be divided into good and bad ones and not in any other way. Do the best you can to spread that belief.
- **Hugs are good for our health and soul.** According to numerous studies, hugs can be extremely effective at healing disease, sickness, depression, loneliness, anxiety, and stress.
- **Scientists suggest that a proper hug should last at least 20 seconds.** Moreover, according to a respected family therapist, Virginia Satir, a person needs **four hugs a day for survival, eight hugs per day for maintenance and twelve hugs per day for growth.**

“Everybody needs a hug. It changes your metabolism.”

-Leo Buscaglia

**HOLD THE ELEVATOR
OR THE DOOR FOR
A COMPLETE STRANGER.**

beagoodearthling.com



Help others/yourself

Hold the elevator or the door for a complete stranger.

You could end up making someone's day much nicer.

To keep in mind:

- ***Elevators are the safest way to travel.***
- ***Such a random acts of kindness can make someone's day.*** A random act of kindness is an action designed to offer kindness towards the outside world.
- ***Plastic bags kill innocent creatures.*** Approximately 1 billion seabirds and mammals die by ingesting plastic bags each year.
- ***There are things you shouldn't do while using an elevator.*** For instance: ***don't fart, don't burp, don't stare at other passengers, don't eavesdrop on other's conversations, don't eat or drink in the elevator, etc.***
- ***Men, if you want to be a true gentleman, always hold the door open for a lady.***

“I don't like it when people don't hold the door. I don't know, that really bugs me ... I guess I like manners.”

-Taylor Schilling

WHEN USING A PUBLIC
TRANSPORTATION GIVE UP YOUR
SEAT TO THOSE WHO NEED IT MORE.

beagoodearthling.com



Help others/yourself

While using a public transportation give up your seat to those who need it more.

To keep in mind:

- ***Give up your seat while using public transit.*** You won't only give someone a chance to sit down and relax but you'll also make someone's day a bit nicer.
- ***Give up your seat to those that need it more – seniors, pregnant ladies, and kind come first.***
- ***Give up your seat when using any public seat (in a park, on a bus station, etc.).***
- ***On average, a household can save over \$10,000 by taking public transportation and reducing the number of cars (one car less).***

“It is very important to give back as a youth. It's as simple as helping an old lady cross the street or giving up your seat on the bus for someone who is pregnant.”

-Queen Latifah



**LEARN A THING OR TWO ABOUT
THE POWER OF POSITIVE THINKING
AND START PRACTICING IT.**

beagoodearthling.com



Help others/yourself

Learn a thing or two about the positive thinking and start practicing it.

To keep in mind:

- **The power of positive thinking is real.**
- **Learn to think positively. Learn to replace negative thought with positive ones.**
- **Some simple guidelines and tips to help you achieve positive mind set:**
 - Use positive words to describe your life.
 - Replacing have to with want to.
 - Believe in yourself, don't let other people's complaints bring you down.
 - Take deep breaths to relax yourself.
 - Be grateful for the things you have – keep a gratitude journal.
 - Learn how to deal with rejections.
 - Bring joy to others.
 - Look for good things in every situation.
 - Focus on positive qualities in people.
 - Part from people that bring you down.
 - Get enough sleep.
 - Laugh as much as possible and get others to laugh too.

“Positive thinking will let you do everything better than negative thinking will.”

-Zig Ziglar



FIGHT FOR GENDER EQUALITY!

beagoodearthling.com



Help others/yourself

Fight for gender equality!

To keep in mind:

- **There are many countries where women have very little to no rights.**
- **There are still gender inequalities present even in many developed countries.**
- **Men get paid more for the same job, practically all around the world. As long as gender equality is not fully exercised, women simply aren't treated fairly.**
- **Support gender equality as much as you can!** Some simple suggestions on how to support and practice gender equality:
 - *In case you have children, make sure you are an equal parent.*
 - *Share the workload at home.*
 - *Use social media to spread the word on gender equality.*
 - *Break away from gender stereotypes.*
 - *Make sure you vote for those who support gender equality.*

“All men should be feminists. If men cared about women's rights, the world would be a better place.”

~John Legend

USE YOUR RIGHT TO VOTE.

V
4

O
1

T
1

E
1

beagoodearthling.com



Help others/yourself

Use your right to vote.

To keep in mind:

- ***Voting right is still a privilege that many people around the world don't possess.***
- ***Appreciate your right to vote.***
- ***Never miss the opportunity to vote.***
- ***Given the right, it is your responsibility to vote.*** *By not voting, you are not performing your duty as a citizen, you decline your right to express your will.*
- ***KIND SUGGESTION: Vote for someone who stands for the equal human rights, gender equality, animal rights and fights for the protection of the environment.*** *Those are basic and most vital areas that every leader should support and be active in. That is the only way we can even start hoping for a warless world, with a decent atmosphere for all living creatures on our planet.*

“Our lives begin to end the day we become silent about things that matter.”

-Martin Luther King Jr

**BEFORE HAVING KIDS BE 100 %
SURE YOU WANT THEM.**

beagoodearthling.com



Help others/yourself

Before having kids be 100 % sure you want them.

To keep in mind:

- **Make babies only when you're willing to give it your best as a parent.** According to the latest data, there is a bit more than 7.5 billion of us on this beautiful planet of ours. The number has doubled in the past 50 years. The number is enormous and **together with an average earthling's lifestyle**, the environment won't be able to take it much longer. The global warming is already happening and numerous scientists claim we have less than 30 years before the consequences will be catastrophic unless we all **make some significant lifestyle changes fast.**
- **Consider adopting.** Not only will you save a person's life and give him/her the love he/she deserves, but you'll also do a positive thing for the environment if you chose to adopt instead of having your own children.
- It is easy to make a baby (at least for the lucky majority) but to be a great or just a good parent is not an easy task and many aren't up for it. As such, **make sure having children is something you really want, before choosing the path of parenthood.**

“Overconsumption and overpopulation underlie every environmental problem we face today.”

-Jacques Yves Cousteau

Preserve the environment

Dear, Earthling!

Always keep in mind that most of the creatures mentioned in the previous section can survive on this planet only if certain conditions have been met. We must do the best we can to preserve the environment. There is quite a lot of simple small things you can and should do to help halt and maybe even reverse enhanced global warming effect.

Do the best you can to implement as many of the actions presented in the following section into your lifestyle.

Only by doing so we can ensure the environment we all need!

*Love,
Good Earthlings*

“The greatest threat to our planet is the belief that someone else will save it.”

-Robert Swan

**UNPLUG ALL CHARGERS AND
ELECTRICAL DEVICES THAT
YOU'RE NOT USING.**

beagoodearthling.com



Preserve the environment

Try and unplug all chargers and electrical devices that you're not using.

Be as consistent as possible and try to make a habit out of it.

To keep in mind:

- **In most cases, producing electricity has a bad impact on nature.** The coal-fired power plants are still the most common ones; they currently fuel 41% of global electricity.
- **Try not to charge your phone over the night.** You are be using about 2 watts/h if your phone is attached while fully charged. It's not a lot but if we look beyond our own energy bill it suddenly starts to take on more significance: some fast calculations suggest that if all US phone users unplugged their phones after charging, enough energy would be saved to power a town with the population of about 250,000 people.
- **Devices with higher consumption: TVs, VCRs, computers, printers, DVD players, video game consoles, cable TV boxes, etc.** Many modern devices use less than 5 watts in standby, but we all have more than one device in our home. Don't forget that 1 watt per hour adds up to 8.8 kWh per year.
- **Use power switches.** There are numerous different ones, here are our suggestions: [standard 7-socket power switch](#), [power switche with timer](#), and [power switch with remote control](#).

“They can't do without electricity. They can do with less electricity.”

-Kenneth Lay

**TURN OFF THE LIGHT IN
THE ROOM NOBODY IS USING.**

beagoodearthling.com



Preserve the environment

Turn off the lights in the room/rooms nobody is using.

To keep in mind:

- ***Do your best to switch off the lights when you are not using them. In homes, up to 25 percent of our electric bill is for lighting.***
- ***Save energy and money by switching to compact fluorescent lamps (CFLs) or LEDs. The fact that makes LED light bulbs so efficient is that they emit only visible light.***
- ***You'll also produce way less waste by using LEDs. Bulbs needed for 50k hours: LED: 1; CFL: 5.5; incandescent: 50.***

“Keep our future bright, turn off the light.”

-anonymous



**TAKE THE STAIRS INSTEAD OF AN
ELEVATOR/ESCALATOR.**

beagoodearthling.com



Preserve the environment

Take the stairs instead of an elevator/escalator as often as possible.

To keep in mind:

- ***Taking the stairs instead of an elevator saves electricity.*** That applies only at the times when you'd be using it alone since elevators use about the same amount of electricity whether they are going up empty or full. So if you see an elevator full of people just about to take off, you don't have to feel bad for the environment if you hop on it.
- ***Some times taking the stairs can save you time.*** If the elevators are really busy (stopping at basically every floor), you could get to your floor faster by foot. Though, it depends on the speed of the elevator, your walking speed, and the numbers of stops.
- ***Taking the stairs is always good for your health.*** It can lower your bad cholesterol levels and raise good cholesterol levels. It also relieves stress.
- ***Stair climbing is one of the best exercises out there.***

“Hard work is like stairs and luck is like a lift, sometimes the lift may fail but stairs will always take you at the top ...”

-Ritu Ghatourey



**MINIMIZE THE USE OF
DRYING MACHINE.
A GOOD OLD-FASHION
CLOTHESLINE STILL GETS
THE JOB DONE.**

beagoodearthling.com



Preserve the environment

Minimize the use of drying machine.

To keep in mind:

- **Minimize the use of drying machine.** An average North American household spends up to 800 kWh per year. That adds up to over 35 million tons of carbon dioxide released into the atmosphere just for drying clothes of the Americans.
- **Replace machine drying with a good old-fashion clothesline.** Usually, we do not need the clothes that urgently and can easily wait a day or two for them to dry up.
- **It is way better for our clothes to air dry them.**
- **If you can't imagine your life without using drying machine, consider buying [energy efficient one](#).** Those use up to 20 % less energy.

“Conservation is a state of harmony between men and land.”

-Aldo Leopold

**TURN OFF THE WATER WHILE
APPLYING SOAP OR SHAMPOO.**

beagoodearthling.com



Preserve the environment

Turn off the water while applying soap or shampoo.


You'll be doing the world and yourself a favor.

To keep in mind:

- ***We can't live without water.*** Plants, animals and of course humans we all need this natural source of life. Moreover, water represents most of the weight of every organism, for some even up to 90 %. For adult humans, that number is typically around 65 %.
- ***We can save more than 5 trillion liters (1.3 trillion gallons) each year just by turning off the water while applying soap/shampoo.***
- ***A cold shower is good for you and nature.*** Using cold water will surely decrease your showering time which can drastically reduce your water consumption.
- ***Consider taking a shower with your partner – you might like it.***
- ***If you can afford it, you should buy [a low-flow shower head](#).*** Low-flow shower heads typically use more than 30 % less than an average ordinary shower head.

“Water is the driving force in nature.”

-Leonardo da Vinci



**TURN OFF THE WATER
WHILE BRUSHING YOUR TEETH.**

beagoodearthling.com



Preserve the environment

Turn off the water while brushing your teeth.

To keep in mind:

- **We could save over 23,800,000,000,000 liters (6.3 trillion gallons) of water by consistently closing it during teeth brushing in a single year in the US, Canada, and Europe alone.**
- **Brush your teeth the right way.** The condition of your teeth is super important for your overall health.
- Use [floss picks](#) to assure the best possible mouth hygiene.
- The type of toothbrush you use matters – [use the best one](#).
- If you can afford it [switch to an electronic toothbrush](#).

“When the well’s dry, we know the worth of water.”

-Benjamin Franklin

A woman with brown hair in a ponytail, wearing a grey button-down shirt, is kneeling and smiling as she loads a red plastic laundry basket into a front-loading washing machine. A young child with blonde hair, wearing a patterned shirt and blue overalls, is also kneeling and helping to load the basket. The washing machine is black with a control panel on top. The scene is set in a laundry room with a white door frame visible on the left. The entire image is framed by a white border.

**DO NOT START YOUR WASHING
MACHINE OR DISHWASHER UNLESS
IT'S COMPLETELY FULL.**

beagoodearthling.com



Preserve the environment

Do not start your washing machine or dishwasher unless it's completely full.

To keep in mind:

- ***Always run full loads, even if your (dish)washer has an adjustable load setting – those are less efficient.***
- ***Use eco-friendly [laundry detergents](#) and [dishwasher detergents](#). The water from our laundry machines and dishwashers ends up in the groundwater and we can end up consuming it ourselves.***
- ***Use eco programs if your machines have one.***
- ***Avoid rinsing the dishes before putting them in your dishwasher. Use a fork or other silverware to pre-clean the dishes if you're using an older dishwasher that has difficulties removing food residues and stains.***
- ***Unless you have allergies, avoid washing your clothes in hot water. Set it to 30°C.***
- ***If you can afford it, replace your old dishwasher and washing machine with a new [high-efficiency dishwasher](#) and a new [high-efficiency washer](#).***

“Individually, we are one drop. Together, we are an ocean.”

-Ryunosuke Satoro



**SAVE AS MUCH
WATER AS YOU POSSIBLY CAN.
THERE ARE NUMEROUS WAYS.**

beagoodearthling.com



Preserve the environment

Save as much water as you possibly can.

To keep in mind:

- **Save water on every step you take:**
 - **Check your home for leaky faucets.** In case you're buying new faucets, consider buying [water-saving ones](#).
 - **Consider installing [low-flow toilets](#).** You can save up to 2 gallons (7.6 L) per single flush.
 - **Consider installing [faucet aerators](#).** Proper ones can decrease water consumption by 6 %.
 - **When cleaning your driveway do not spray hose it.** Use a broom instead and just sweep it.
 - **Do not water your lawn.** If you'd like to use water for watering the lawn and other plants in your garden, you should really consider installing [a rainwater tank](#) to accumulate rain drops.
 - **[Mulch](#) around your landscaping.** A three-inch layer of mulch holds moisture and prevents evaporation, reducing the need to water plants around your garden.
 - **If possible, use rainwater to wash your car.** Also, **always use a bucket instead of running water** when washing a car. Park your car on your lawn before washing it. That way you'll simultaneously water the lawn. Make sure you are using [a car wash that is safe for the environment](#).

“When the well’s dry, we know the worth of water.”

-Benjamin Franklin



**USE REUSABLE SHOPPING BAG
WHEN YOU GO SHOPPING.**

beagoodearthling.com



Preserve the environment

Use reusable shopping bag when you go shopping.

You can either reuse the old plastic bags you got at home or [buy your own reusable shopping bag.](#)

To keep in mind:

- ***We use too many plastic bags and on average for only 25 min.*** There are over 1,000,000 plastic bags in use around the world every minute. That's over 500 billion plastic bags per year.
- ***Plastic bags are very bad for the environment.*** A plastic bag remains toxic even after it degrades – it breaks down into very small toxic bits of itself and as such contaminates the environment.
- ***Plastic bags kill innocent creatures.*** Approximately 1 billion seabirds and mammals die by ingesting plastic bags each year.
- ***Paper bags aren't a good replacement for plastic ones – the manufacturing of them causes even higher rate of pollution.*** Paper bags generate 50 times more water pollutants than plastic bags.
- ***Besides [reusable shopping bags](#), there are also [personal shopping carts](#) you can use.***
- ***Always recycle – [use recycling bins](#).***

“Let's protect our 'aina and our ocean. Please remember to bring your reusable bags.”

-Auntie Fanny Ahoy

**IF YOU SEE SOME TRASH
ON THE GROUND, PICK IT UP
AND THROW IT INTO A TRASH CAN.**

beagoodearthling.com



Preserve the environment

***If you see some trash on the ground, pick it up and throw it into a trash can.
And please, don't throw any garbage on the ground. Use public trash cans!***

To keep in mind:

- ***Never throw trash on the ground.*** *It is ugly, it smells bad, it is bad for the environment, and it is illegal in many countries.*
- ***Always put cigarette butts in a public ashtray.*** *Cigarette butts represent half of all litter objects in the world (that's in numbers not in volume). It takes around 10 years for a cigarette butt to decompose.*
- ***Put chewing gums in a trash can.*** *They too need a very long time to decompose. Moreover, removing them off the sidewalk or any other similar surfaces is also extremely complicated and it costs cities a lot of money to do so.*
- ***Try and pick up trash from time to time. You might want to use [grabber tools](#).***

“The greatest threat to our planet is the belief that someone else will save it.”

-Robert Swan

A black and white cow is on the left side of the image, looking towards the right. In the background, a grill is cooking various meats and vegetables. A sign on the grill reads "Entrecôte". The text "DO YOUR BEST TO EAT LESS MEAT." is overlaid in the center. At the bottom center, there is a small globe icon with wings and the text "beagoodearthling.com".

**DO YOUR BEST
TO EAT LESS MEAT.**

beagoodearthling.com



Preserve the environment

Do your best to eat less meat.

If you can go the whole week without eating meat or any meat products, even better.

To keep in mind:

- ***Humans are more likely to be herbivores.*** According to Dr. Williams C. Roberts from the National Institutes of Health and Baylor University (and many scientists agree with him) we are herbivores. Typical omnivores retain many of the carnivores characteristics, which is not the case with humans.
- ***By eating less meat we could solve most environmental issues.*** Meat production is one of the most polluting industries or even the most polluting one on the planet. Cows alone produce more greenhouse gasses than all forms of transportation combined.
- ***Eating less meat is good for your health.*** Some diseases and other health related issues that are usually caused by excessive meat consumption are atherosclerosis, heart attacks, strokes, etc.
- ***Meatless food can be extremely delicious.*** You can find some delicious meatless recipes [here](#).

“In the end, we will remember not the words of our enemies, but the silence of our friends.”

-Martin Luther King Jr.

**TURN OFF YOUR CAR ENGINE
EVERY TIME YOU STOP FOR
MORE THAN 30 SECONDS.**

beagoodearthling.com



Preserve the environment

Turn off your car engine every time you stop for more than 30 seconds.

If you don't have a car or a license, ask the one driving you to do it.

To keep in mind:

- ***Typical car exhaust consists of N₂, water vapor, CO₂, CO, hydrocarbons, and nitrogen oxides.***
- ***CO₂ is a greenhouse gas that contributes to global warming.***
- ***Reduce CO₂ by turning off your car engine when you stop for more than 30 sec.***
- ***When it comes to doing something good for the environment, every “baby step” counts.***

“Environmental pollution is an incurable disease. It can only be prevented.”

-Barry Commoner

**DO NOT USE A CAR
FOR SHORT DISTANCES.**

beagoodearthling.com



Preserve the environment

Do not use a car for short distances.

Go by foot or use a bike or any some other non-motorized mean of transportation.

To keep in mind:

- ***Each time you start your car you it emits CO2 gas, which is a green house gas. Even if you own an electric car (indirectly) – the majority of electricity still comes from coal power plants which are high CO2 emitters.***
- ***There are many alternatives to driving: walking, cycling, rollerblading, running, ...***
- ***Some side benefits of not using a car for short distances: you'll exercise more, spend more time in the fresh air, save money, etc.***
- ***Walking is one of the best exercises.***
- ***Not all shoes are good for you – chose [the best walking shoes](#).***

“Come rain or shine I walk short distances rather than taking my car.”

-Sophie Ellis Bextor

PLANT A TREE.

beagoodearthling.com



Preserve the environment

Plant a tree.


Since the best time to plant a tree is seasons-dependent perform this challenge accordingly.

To keep in mind:

- **Trees are awesome – they use CO2 to produce O2**
- **We need to stop deforestation now.** Due to industrialization, human population growth, agriculture (meat industry), urbanization, and other factors the area of surface covered with trees has been dropping regularly. The total loss in forest area between 1990 and 2000 was 200 square kilometers per day.
- **Plant as many trees as you can as often as possible.** Besides being CO2 drain trees have many positive effects: trees help prevent soil erosion, trees cool the streets and the city, trees clean the air, trees shield us from UV rays, trees provide food, trees mark the seasons, trees provide a canopy and habitat for wildlife, etc.

“The best time to plant a tree is 20 years ago. The second best time is now.”

-Darrell Putman



STOP BUYING BOTTLED WATER.

beagoodearthling.com



Preserve the environment

Stop buying bottled water.

Limit bottled water consumption as much as possible.

To keep in mind:

- **Used water bottles are unnecessary waste.** Americans use about 50 billion plastic water bottles annually. Of those for over \$1 billion worth of plastic is wasted.
- **Bottled water industry uses a lot of energy.** More than 17 million barrels of oil (that's enough to fuel over 1 million cars for a year) just to meet America's demand for bottled water annually.
- **On average, they use 3 liters of water to produce 1 liter of bottled water.**
- **If your tap water isn't potable, buy [a water filter](#).** Buying bottled water is way more expensive than buying a water filter.
- **Stop drinking bottled water.** Many scientists claim there is no reason to believe that bottled water is safer than tap water. Furthermore, chemical element antimony that is found in PET plastic bottles can cause dizziness and depression already in small doses.

“We do want people to know tap water is every bit as safe as bottled water. In fact, it's tested more.”

-Jack Hoffbuhr



**DON'T USE PAPER/STYROFOAM
CUPS, HAVE YOUR OWN
TRAVEL MUG.**

beagoodearthling.com



Preserve the environment

Don't use paper/styrofoam cups, have your own travel mug.

To keep in mind:

- ***Use [reusable coffee mug](#) and reusable [water bottle](#).***
- ***The average office worker uses about 500 disposable cups yearly.***
- ***Styrofoam cannot be completely recycled, as such, it will take over 500 years for it to decompose.***
- ***To produce a single paper cup they produce 0.24 lbs of CO2 emissions.***
- ***There are around 20 million trees cut down each year just to produce paper cups.***
- ***To produce enough paper cups just for one year demand, 12 billion gallons of water are used.***

“The first law of ecology is that everything is related to everything else.”

-Barry Commoner



**DON'T BUY NEW CLOTHES UNLESS
YOU REALLY, REALLY NEED THEM.**

beagoodearthling.com



Preserve the environment

Do not buy new clothes unless you really need them.

To keep in mind:

- ***Buy fewer clothes.*** 85 % of world's textiles end up in a landfill.
- ***Buy clothes of higher quality.*** Be aware that a higher price doesn't necessarily mean higher quality and more lasting product. Since it can be hard to pinpoint the quality of the clothes you must focus on the first suggestion – buy less.
- ***Donate clothes*** (do the things you learned during the week #10).
- ***Repair small damages on your clothes.*** Don't discard clothes with small damages, such as zip dysfunction or a missing button. Many of those can be easily fixed. There are tailors who do that kind of repairs, or you can always learn to fix those yourself – buy [a home sewing kit](#).

“Buy less, choose well.”

-Vivienne Westwood



USE RECHARGEABLE
BATTERIES.

beagoodearthling.com



Preserve the environment

Use only rechargeable batteries.

To keep in mind:

- **There are billions of batteries being thrown in the ordinary trash each year.** Batteries are bad for the environment and your health if not discharged properly.
- **Recycle batteries!** There are special recycle bins for batteries that can be found in many cities. Moreover, there are many stores (especially the ones with electronics) that have special boxes where you can throw empty batteries. That way they'll take care of the recycling for you.
- **Reduce batteries waste by using rechargeable batteries!** Also, you won't have to worry about buying new batteries since you'll simply recharge the ones you already have. Rechargeable batteries might seem more expensive, however, you'll actually save money in the long run.

“We have not inherited the earth from our fathers, we are borrowing it from our children.”

-Lester R. Brown



**RECYCLE GLASS
BOTTLES AND JARS.**

beagoodearthling.com



Preserve the environment

Recycle glass bottles and jars.

To keep in mind:

- **Glass is 100% recyclable.** For every six tons of recycled glass used in the manufacturing process, there is one ton of carbon dioxide less released into the air, it also reduces air pollution by 20% and water pollution by 50%.
- **Don't mix broken glass window with glass containers.** Not all glass is the same: glass containers for food and beverages should not be mixed with other types of glass (windows, ovenware, crystal, etc.) since it can cause production problems – luckily we only deal with glass containers most of the time.
- **Get creative and make use of glass containers.** You can use a glass jar as a place to keep your pens and pencils, decorate your home by putting tea light candles into glass jars, old glass bottles can be used as vases, you can store your cereals in glass jars, etc.
- **Recycling is easier with [the right kind of trash bins](#).**

“There is no such thing as ‘away’. When we throw anything away it must go somewhere.”

-Annie Leonard

RECYCLE OLD MOBILE PHONES.

beagoodearthling.com



Preserve the environment

Recycle old mobile phones.

To keep in mind:

- ***Don't keep your old phones at home (most likely you'll never use them again).***
- ***Don't throw old cell phones into an ordinary trash bin! Recycle them! A single Lithium-Ion battery from a cell phone can be responsible for contaminating as much as 60,000 liters of water.***
- ***If your old phone still works, you can give it to charity.***
- ***All cell phones contain precious materials (such as gold, silver, copper, palladium, and variety of plastics) which can be recycled. That way we save energy and resources that would be used for mining and production processes.***
- ***When old phones are recycled properly it means they don't end up in a landfill where harmful materials (such as lead, arsenic, and mercury) pollute the air, soil, and even drinking water.***

“I only feel angry when I see waste. When I see people throwing away things we could use.”

-Mother Teresa

RECYCLE (NEWS) PAPER.

beagoodearthling.com



Preserve the environment

Recycle (news) paper.

To keep in mind:

- **Recycle paper to save the environment.** Just by getting every American to recycle only one-tenth of their newspapers, we could save about 25,000,000 trees per year.
- Use [recycle bins](#) to make it easier to recycle. Like with other types of trash, it is super important to have a place at home where you can pile up the paper you use.
- **Think about not buying newspapers anymore.** We all have smartphones, laptops, tablets; couldn't we just read news in a digital form. Just something to think about. If we were to stop buying newspapers, they'd sure stop producing them and we'd save a hell lot of trees.

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it is only thing that ever has.”

-Margaret Mead

**PRINT ON BOTH SIDES
OF THE PAPER**

beagoodearthling.com



Preserve the environment

Print on both sides of the paper.

To keep in mind:

- ***Average American uses over 300 kg of paper each year. We must all do the best we can to save as much paper as possible.***
- ***Think twice before you print anything.*** *To often we print content that doesn't actually need to be printed in the first place.*
- ***Print on both sides of the paper if possible.*** *To make it easier for yourself, use [printers that allow automated duplex printing](#).*
- ***Use [Kindle](#) for reading digital files.*** *It makes digital text look like printed copies.*
- ***Always recycle paper.*** *Since there is no way for us to completely stop using paper we must do our best to recycle the one we do use. Make sure you recycle at home and in the office.*

“The potential to save money, paper, and trees is enormous.”

-Diane Stean

USE ALTERNATIVE WRAPPING PAPER.

beagoodearthling.com



Preserve the environment

Use alternative wrapping paper.

To keep in mind:

- **Use alternative eco-friendly wrapping paper.** Take a few seconds and just think about the act of opening the gifts, tearing the wrapping paper ... You see, you tear it apart and that is it. Suddenly it turns into trash. It's pretty sad that many trees had to be cut down to be wasted on something like that.
- **Use materials you've got lying around at home.** You can use clay flower pots, some old fabric to turn it into a fabric wrap, old maps and calendars, a newspaper, or you can always use paper bags you already have at home.
- **Be creative.** You can choose whatever you want as long as you are being more eco-friendly than you were in the past years.
- **Better no wrapping than traditional gift wrapping.** In case you're used to having your gifts wrapped at the stores and really don't feel like wrapping them yourself, you can simply hide **unwrapped gifts** and give a note with clues to a birthday boy/girl or place it under the Christmas tree. It can be a lot of fun. It might not be the most festive way but it sure is the greenest.

“It takes courage to let go of the familiar and embrace the new.”

-unknown

USE FEWER PAPER NAPKINS,
TOWELS, AND LESS TOILET PAPER.

beagoodearthling.com

YOU
ONLY
NEED NONE



Preserve the environment

Use fewer paper napkins, towels, and less toilet paper.

To keep in mind:

- ***Use fewer paper products.*** To make the toilet paper that one person uses in his/her lifetime it takes over 380 trees.
- ***Buy recycled paper products: people towels, toilet paper, and napkins.*** A single ton of recycled paper saves 3,700 pounds (1,682 kilograms) of lumber and 24,000 gallons (90,849 liters) of water. It uses 64 % less energy and 50 % less water to produce recycled paper. It also creates 74 % less air pollution and saves 17 trees.
- We could save 423,900 trees if every household in the United States replaced just one roll of virgin fiber toilet paper (500 sheets) with [100 percent recycled ones](#).
- We could save 1 million trees if every household in the United States replaced just one package of virgin fiber napkins (250 count) with [100 percent recycled ones](#).

“If only we could see the endless string of consequences that result from our smallest actions.”

-John Green

A photograph of a person's hands using a laptop and a calculator on a wooden desk. The laptop screen displays a website with a table of data. A small globe icon is visible on the calculator. The text 'APPLY FOR ELECTRONIC BILLING.' is overlaid in a stylized font across the center of the image.

APPLY FOR ELECTRONIC BILLING.

beagoodearthling.com

Preserve the environment


Apply for electronic billing.

To keep in mind:

- **Switch from hard copy bills to digital ones.** Contact all of the companies that send you monthly hard copy bills via regular mail and get them to start sending you digital bills via email instead. To make this system work you'll have to start using online banking or some other way to pay your bills online.
- **You'll save paper and time by paying your bills from the comfort of your home.** An average household receives around 5-7 different bills each month. Moreover, each and every company adds a couple of additional papers inside the envelope with a bill. Looking at this on a global scale, this can save an enormous amount of paper each month.
- **Use as little paper as possible on every step.**
- **Make sure you recycle paper you do use.**

“Deforestation is changing our climate, harming people and the natural world. We must, and can, reverse this trend.”

-Jane Goodall



**CONVINCE TWO OTHER PEOPLE
TO JOIN IN ON THE GOOD
EARTHLING CHALLENGE.**

beagoodearthling.com



Preserve the environment

Share this book with two other people.

Aim for those you think should really change their attitude towards the environment.

To keep in mind:

- ***There is over 7 billion of us. We must all do the best we can if we'd like to stop global warming and preserve the environment in a suitable state for us and other beings to live here.***
- ***Spread the word as much as you can.***
- ***Use every chance you get to teach others how to act towards the nature and other beings.***
- ***Every child should learn and know the things written herein. Parents, include them! They will play a great role in the years to come.***

“One person can make a difference, and everyone should try.”

-John F. Kennedy



BUY LOCAL FOOD.

beagooddearthling.com



Preserve the environment

Buy local food.

To keep in mind:

- **By buying local food you're helping the environment.**
 - *Eating local reduces your carbon footprint.*
 - *Buying local food is good for the soil.*
 - *Buying local food helps preserve open space.*
 - *By buying local food you reduce waste.* Since the distribution chains for local food are much shorter, less food is wasted. Usually, there are tons of food that turn into waste during the transportation on long distances.
- **By buying local food you are helping your community.** *Buying local food creates local job opportunities and helps local families.*
- **By buying local food you'll eat better food.** *When food is locally produced it actually ripens on the vines, giving plants enough time to develop good taste and nutritional value.*

“Local and regional food systems are about opportunity.”

-Tom Vilsack

ACCEPT NUCLEAR
POWER PLANTS.

beagoodearthling.com



Preserve the environment

Accept nuclear power plants.

To keep in mind:

- **Currently, nuclear power plants are our best option towards producing CO2 free electricity.** Unfortunately, most of the power plants out there are still using fossil fuels.
- **Fossil fuels are far deadlier than nuclear power.** For each person killed by nuclear power generation, 4,000 die from coal.
- **Radioactivity is natural.** There are radioactive nuclides in the atmosphere, in the ground, in the water, and even inside of every single person (radionuclide K-40). Moreover, you get way more radioactive exposure due to the natural radioactivity (radionuclide called radon) than the average worker in the nuclear power plant. Not to mention the doses (t.i. the amount of the energy of ionizing radiation accumulated per unit mass of tissue) you receive during the X-ray or the CT scan.
- **Support nuclear power plants.**

“Only nuclear power can now halt global warming.”

-James Lovelock



**DAY EXTRA ATTENTION TO WHAT
KIND OF PRODUCTS YOU BUY.**

beagoodearthling.com

Preserve the environment

Pay extra attention to what kind of products you buy.

To keep in mind:

- **Shop responsible, you can make a bigger difference than you might think.** Corporates can make all sorts of products and put them on the shelves but we, the consumers, have the choice whether we buy those products or not.
- **Avoid buying processed food as much as possible.** Most of the products that come in nice packages are produced by big companies that pay very little to no attention to the environment. They usually exploit less developed countries, such as Indonesia, where they do horrible stuff to the environment (cutting down trees to make room for plantations, destroying tropical forests, etc.) and local workers. Moreover, they often use substances that are bad for your health and well-being, just to increase their profit.
- **Eat less meat.** Meat industry is one of the most polluting industries out there (you learned that during the week #9).
- We also invite you to [watch Woody Harrelson's video](#) in which he addresses this topic.

“What you do makes a difference, and you have to decide what kind of difference you want to make.”

~Jane Goodall

Preserve the environment

TRUTH ABOUT ENHANCED GLOBAL WARMING

Let's get something straight right away, ENHANCED GLOBAL WARMING IS A FACT. It is not something you can believe in or not. It is as real as gravity, but luckily, we can get rid of the ENHANCED part, which is there because of us, human beings, but we must act fast.

By denying this, we only waste extremely precious time. This fact is backed with science, solid data, and already obvious massive environmental changes.

[This video](#) will help you realize, why this is still not accepted as A FACT all across the globe, among each and every one of us.

[READ THE ENTIRE ARTICLE](#)

“There is no planet B. We have to take care of the one we have.”

-Richard Branson

Preserve the environment

Is possible to earn money by saving the environment?

European company called Planet Impact promises exactly that. They have launched their services on October 2, 2019, starting in Europe. They plan to go worldwide by 2020. If they deliver everything they promised, we believe this could really encourage masses to join in on environmental saving.

Only time will tell the full truth. To learn how things stand now and how can you join click on the link below.

[READ THE ENTIRE ARTICLE](#)



Disclaimer

In an effort to be completely transparent, we want to let you know that we have an affiliate relationship with some of the companies whose products or services we recommend. This means that, at no additional cost to you, we will earn a commission or credit if you decide to buy any of their products or services. This is one of the ways we pay for maintaining our site beagoodearthling.com. Just to be safe, you can assume that any link that you click within this book, on our site or using any of the products is an affiliate link and we will earn compensation as a result. We urge you not to spend any money on any of these products or services unless you really need or can afford them. All material herein and on our website is provided for general information purposes only and does not constitute medical, legal, financial, or other professional advice on any subject matter.

We also kindly ask you to share this eBook with as many people as possible to spread the awareness. Please, try not to print it out, ok? By keeping it in digital form we can save some additional paper.

