


Checklist: 10 Everyday Actions for Planetary & Personal Health

Instructions:

- Tick ☒ the actions you already practice.
 - Score yourself from **1–10** (1 = “just starting,” 10 = “eco-warrior mode!”).
 - Use this as both a mirror ☐ and a roadmap  for healthier living — for you and the planet.
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1. Choose Plant-Forward Meals

☐ I eat less red meat & more veggies, grains, legumes.

 Bonus: lowers carbon footprint *and* boosts heart health.


2. Walk, Cycle, or Use Public Transit

☐ I replace at least one car trip per week with a greener option.

 Cleaner air = healthier lungs + stronger community.

3. Conserve Water

☐ I turn off taps, fix leaks, and collect rainwater where possible.

 Every drop saved reduces strain on ecosystems.


4. Save Energy at Home

☐ I unplug devices, use LED bulbs, and embrace natural light.

 Fewer emissions = lower bills + healthier planet.

5. Buy Less, Buy Better

☐ I practice mindful shopping (reuse, recycle, support ethical brands).

 Cuts waste, reduces toxins, promotes sustainable markets.

6. Plant Trees or Support Rewilding

☐ I plant or support reforestation/re-greening projects.

👉 Trees = carbon sinks + mental health sanctuaries.

7. Reduce Plastic Use

☐ I carry a reusable bottle, bag, and cutlery kit.

👉 Keeps oceans & bodies free of microplastics.

8. Prioritize Mental Wellness

☐ I take screen breaks, meditate, or journal daily.

👉 A calmer mind builds resilience against eco-anxiety.


9. Support Preventive Health

☐ I get regular checkups & vaccinations, and eat nutrient-rich foods.





👉 Healthy people mean less strain on public health systems.

10. Advocate & Educate

☐ I share knowledge, join local initiatives, or support climate-positive policies.

 Small voices collectively create global change.

Scoring System

- 0–3 =  **Seedling Stage:** You're starting out — choose 1–2 new habits to build momentum.
 - 4–6 =  **Growing Green:** Solid progress — now deepen consistency and add variety.
 - 7–9 =  **Eco-Champion:** You're balancing personal & planetary health beautifully.
 - 10 =  **Guardian Mode:** You live the ethos daily and inspire others!
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 **Tip:** Don't chase perfection. Progress — even one small shift — is both personal therapy and planetary healing.
