

ETHEREA

Create your utopia on Earth



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**30-day challenges to change
your life and the world! You
have the power to shape the
reality you desire!**



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THIS MONTH'S CHALLENGES IS

CLIMATE CHANGE

Climate change is a serious problem humanity faces that could lead to catastrophic disasters. It is caused by the emission of greenhouse gases from driving, manufacturing, electricity generation, and the clearing of forests. Soon climate change could be irreversible... but by taking a few consistent actions, you can help fight against it!



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climate change



Pick a habit you would like to keep this month

Eat vegetarian

10 Points



Make your
commute green

20 Points



Reduce use of
plastic packaging

30 Points



Support youth-led
Movements

10 Points



Choose Habits



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30 Day Challenge

Reduce Use of Plastic Packaging

The heat from the sun breaks down the plastics in landfills releasing powerful greenhouse gases, causing increased temperatures...and in turn the cycle repeats.



Mission:

Try to only buy/use products that have less plastic packaging(i.e stray away from many small chip bags buy one bigger bag instead, don't use plastic wrap, bags, or straws)

Select Mission

Cancel

30 Day Challenge

Make Your Commute Green

Burning fossil fuels like diesel and gasoline releases greenhouse gases into the atmosphere. Changing your route of transportation to a greener alternative, would make a big difference overtime.



Mission:

Try to ride a bike, walk, or use public transportation, as alternatives to driving a car to your daily destinations.

Select Mission

Cancel

30 Day Challenge

Eat Vegetarian

The meat industry is one of the biggest contributors to climate change. The mass breeding of cows alone produces tons of methane!



Mission:

Cut out any meat from your diet (chicken, beef, pork, fish, etc.)

Select Mission

Cancel

30 Day Challenge

Support Youth- Led Movements

Educate yourself while spreading awareness of the issue



Mission:

Take 10 min out of your day to participate in climate-based discussions, directly contact government officials to encourage them to enact new laws that limit carbon emissions and require polluters to pay for the emissions they produce, and/or post on your social media

Select Mission

Cancel



1

19/50



4 day streak

Hello, Name⁺

This month's topic:

CLIMATE CHANGE

Today's challenges

Eat Vegetarian

| 10pts



Green Commute

| 20pts



Reduce Plastic Packaging

| 30pts



How would you rate
today's challenges?



Rad



Good



Meh



Bad



Awful



Home



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Without having to donate or
go anywhere to volunteer...all
at the comfort of your home



Login | Sign Up

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THIS MONTH'S CHALLENGES IS

ANIMAL CRUELTY

Millions of animals are unnecessarily tortured, poisoned and slaughtered for fashion or food, every year! Humans continue to ignore the homicide of animals because we believe their value is only dependent on what they provide us. Speciesism and animal cruelty are very pervasive issues that can be dealt with, one person at a time!



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Animal Cruelty



Pick a habit you would like to keep this month

Dairy - free Diet

20 Points



Meat-free Diet

15 Points



Only use vegan makeup
and clothes

20 Points



Choose Habits



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30 Day Challenge

Dairy-Free Diet

Most people are unaware of the nightmarish cycle of exploitation necessary to produce dairy products. Female cows are tortured and raped (artificially inseminated) in order to produce milk. They endure the agony of their calves being taken away over and over, and their bodies give out from the stress of constant milking.



Mission:

Cut out dairy (cheese, milk, yogurt etc.) from your diet. You could replace them with vegan alternatives. For example instead of drinking cow's milk, try oat, soy, almond, cashew, coconut or pea milk!

Select Mission

Cancel

30 Day Challenge

Meat-Free Diet

Cutting meat out of your diet could save an average of 400 animals a year! A vegetarian diet not only helps unnecessary suffering but it improves your health, reduces your carbon footprint and aids in stopping water waste.



Mission:

Cut out meat from your diet and try replacing it with vegan alternatives (fake meat, tofu, seitan, beans and lentils are all great sources of protein!)

Select Mission

Cancel

30 Day Challenge

Only Use Vegan Makeup & Clothes

There are so many products and clothes we use in our everyday lives that we are unaware have hurt animals in their production. From makeup testing on bunnies to skinning animals for a fur jacket, animal cruelty is a prevalent issue in these industries.



Mission:

Try to use/purchase only cruelty-free brands everyday. Look at this mission everyday to learn about big brands to look out for and gain insight on their inhumane practices!

Select Mission

Cancel



1

19/50



4 day streak

Hello, Name

This month's topic:

ANIMAL CRUELTY

Today's challenges

Dairy-Free Diet | 20pts

Meat-Free Diet | 15pts

Vegan Makeup & Clothes | 20pts

How would you rate
today's challenges?



Rad



Good



Meh



Bad



Awful



Home



Progress



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Shop



Settings



And see the impact you're
making towards the biggest
problems in the world



Login | Sign Up



Name

19 points

Monthly Challenges

CLIMATE CHANGE

MENTAL HEALTH

ANIMAL CRUELTY

SOCIAL JUSTICE



PHYSICAL HEALTH



POVERTY



○ ● ●



Home



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THIS MONTH'S CHALLENGES IS

MENTAL HEALTH

Mental Health is one's state of well-being, their ability to not only survive but to thrive in life. It's important to work on healing traumas, setting the right mindset and growing personally, in order to truly reach your full potential. If you are not whole within yourself it creates a blockage towards the opportunities around you. This month's challenge helps you develop yourself to feel whole and empowered, in order to contribute to change.



Home



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Mental Health



Pick a habit you would like to keep this month

Shadow work

5 Points



Gratitude list

5 Points



Meditation

10 Points



Yoga

10 Points



Choose Habits



Home



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30 Day Challenge

Shadow Work

Shadow work is the process of uncovering parts of ourselves that we often deny/hide. By digging deep into your subconscious mind, you can try to heal inner traumas that may be holding you back from the life you want to live.



Mission:

Every day you would be given a new prompt that helps you discover underlying truths/pains within yourself. This encourages you to recognize and redirect yourself to where you want to go.

Select Mission

Cancel

30 Day Challenge

Gratitude List

Gratitude is scientifically proven to provide a bunch of physical, psychological and social benefits that could immensely improve your quality of life.



Mission:

Everyday record 3 different things you are grateful for.

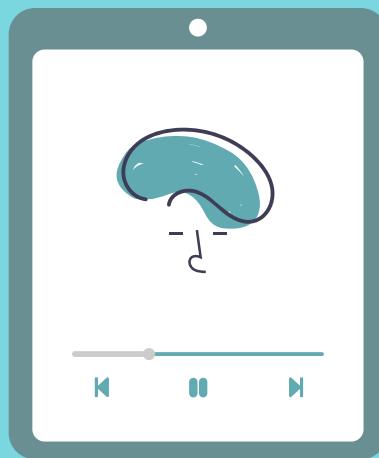
Select Mission

Cancel

30 Day Challenge

Meditation

Meditation can help you reconnect with yourself, reduce stress and develop your concentration



Mission:

Find a 10-20 min guided meditation set to a specific intention (i.e relieve stress, build confidence etc) and do it everyday.

Select Mission

Cancel

30 Day Challenge

Yoga

Yoga can help you strengthen your body, concentrate your mind and relax your spirit



Mission:

Find a 5-10 min guided yoga routine of your preference and do it every morning.

Select Mission

Cancel

30 Day Challenge

Breathing Exercises

Setting aside a few minutes per day to focus on your breathing can help reduce stress/anxiety and improve your lung function. Deep breathing puts you in the present, instead of overthinking the past or worrying about the future.



Mission:

Close your mouth and inhale quietly through your nose to a mental count of 4. Hold your breath for a count of 7. Exhale completely through your mouth, making a whoosh sound to a count of 8. Repeat this for 5 min, setting an intention to relax and nourish your body.

Select Mission

Cancel

30 Day Challenge

Social Media Detox

Setting aside a few minutes per day to focus on your breathing can help reduce stress/anxiety and improve your lung function. Deep breathing puts you in the present, instead of overthinking the past or worrying about the future.



Mission:

Set aside 1 hour a day where you don't use any form of social media (snap, twitter, instagram, tiktok, Facebook or reddit)

Select Mission

Cancel

Login

Email

Password

[Don't have an account? Click here.](#)

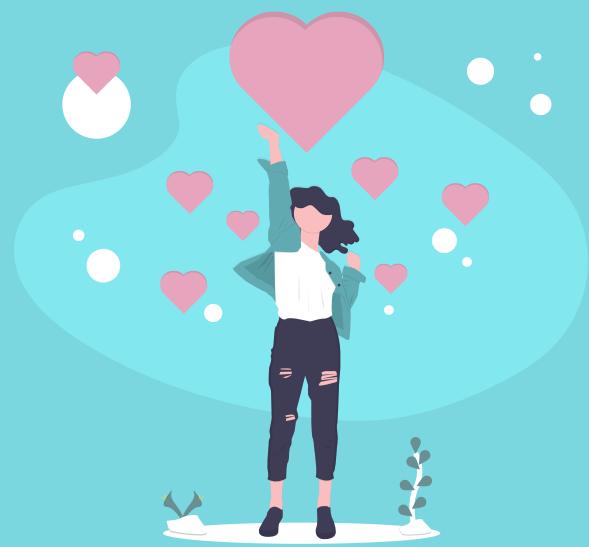


Log in with Facebook



Log in with Google

30 Day Challenge



Write a three things that you are grateful for:

1.

2.

3.

Submit Response

Cancel

30 Day Challenge

Question

What is your biggest fear?
Where do you think this
fear comes from, is there
any specific memory that
it relates to?

Answer Here :)

Submit Response

Cancel



1

19/50



4 day streak

Hello, Name⁺

This month's topic:

MENTAL HEALTH

Today's challenges

Shadow work

5pts

LAUNCH

Gratitude list

5pts

LAUNCH

Meditation

10pts



Yog

Bre

Soc

How would you rate
today's challenges?



Rad



Good



Meh



Bad



Awful



Home



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Lead Board



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Settings

Sign Up

First Name

Last Name

Email

Password

[Already have an account? Click here.](#)



Log in with Facebook



Log in with Google



19/50



4 day streak

Congrats!

You completed **all**
of today's challenges!

4



57 pts.

Level



continue



Rad



Good



Meh



Bad



Awful



Home



Progress



Community



Lead Board



Shop



Settings



19/50



4 day streak

Congrats!

You completed **all** of today's challenges!

4

1

57 pts.

Level



continue



Rad



Good



Meh



Bad



Awful



Home



Progress



Community



Lead Board



Shop



Settings



19/50



4 day streak

Hello

Congrats!

You completed **all**
of today's challenges!

40

57 pts.

1

Level



continue



Rad



Good



Meh



Bad



Awful



Home



Progress



Community



Lead Board



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Settings



PROGRESS

Welcome to the Progress section! Here you can see the direct impact you have made on the planet depending on the missions you have completed. Remember, every small action can add up to make a big difference!

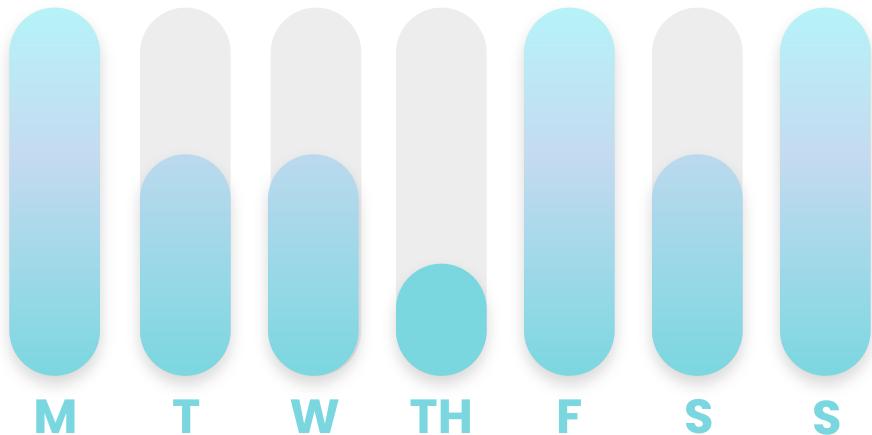
19

Animals Saved

620

Pounds of Co₂ Emissions Reduced

Missions Completed



February 2021

Mental Health Month

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27



Home



Progress



Social Circles



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Shop



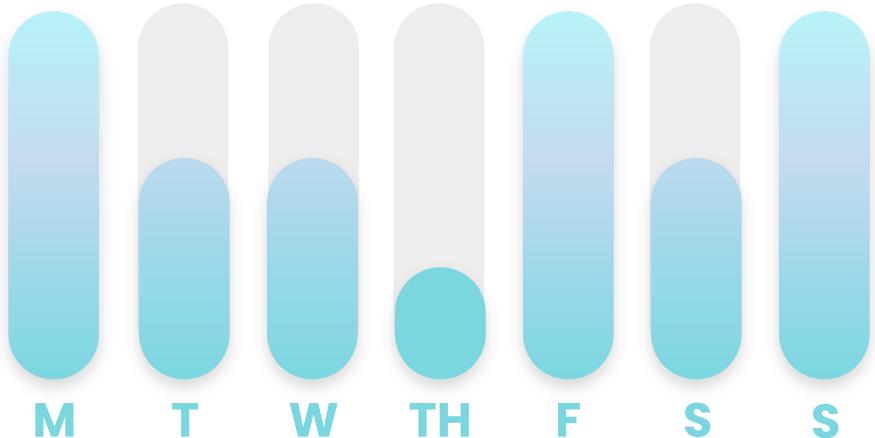
Settings



PROGRESS



Missions Completed



February 2021

Mental Health Month

31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5	6



Home



Progress



Social Circles



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Shop



Settings



LEADERBOARD



Paula Noelle

147 pts

2

Rachel Lablank

138 pts

3

Cody Foster

124 pts

4



NAME

5



120 pts

5



NAME

5



118 pts

6



NAME

5



110 pts

7



NAME

4



97 pts

8



NAME

4



88 pts

12



Annie

3



83 pts



Home



Progress



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Lead Board



Shop



Settings

New Post



Add a caption...

Section:

Climate Change

Mental Health

Animal Cruelty

Tags:



Yoga



Meditation



Media
Detox



Journaling



Gratitude
List



SOCIAL CIRCLES



Animal Cruelty

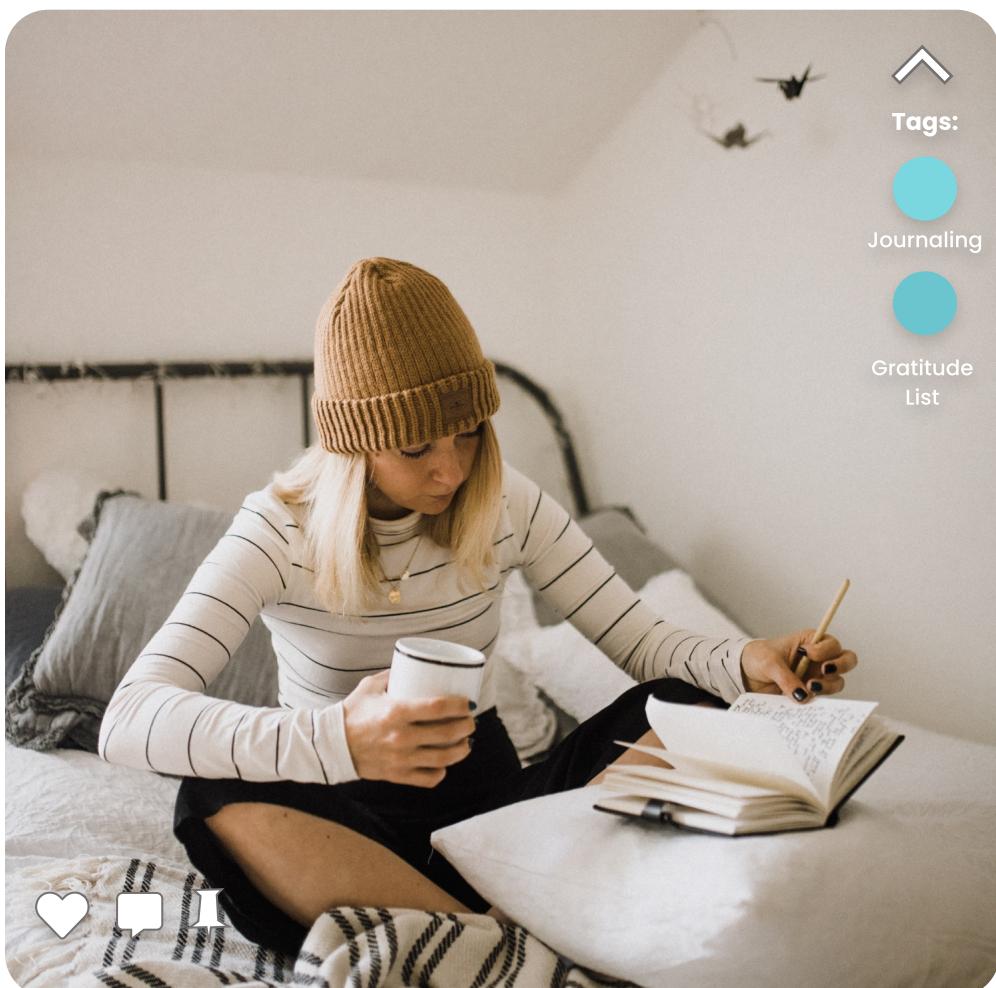
Mental Health

Climate Change



Jael Bantzer

Level 2



I've been journaling for the past couple days and have been loving it more than ever! Nothing like some alone time with a drink in hand.



Katherine Johnson

Level 2



Home



Progress



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SOCIAL CIRCLES



Climate Change

Animal Cruelty

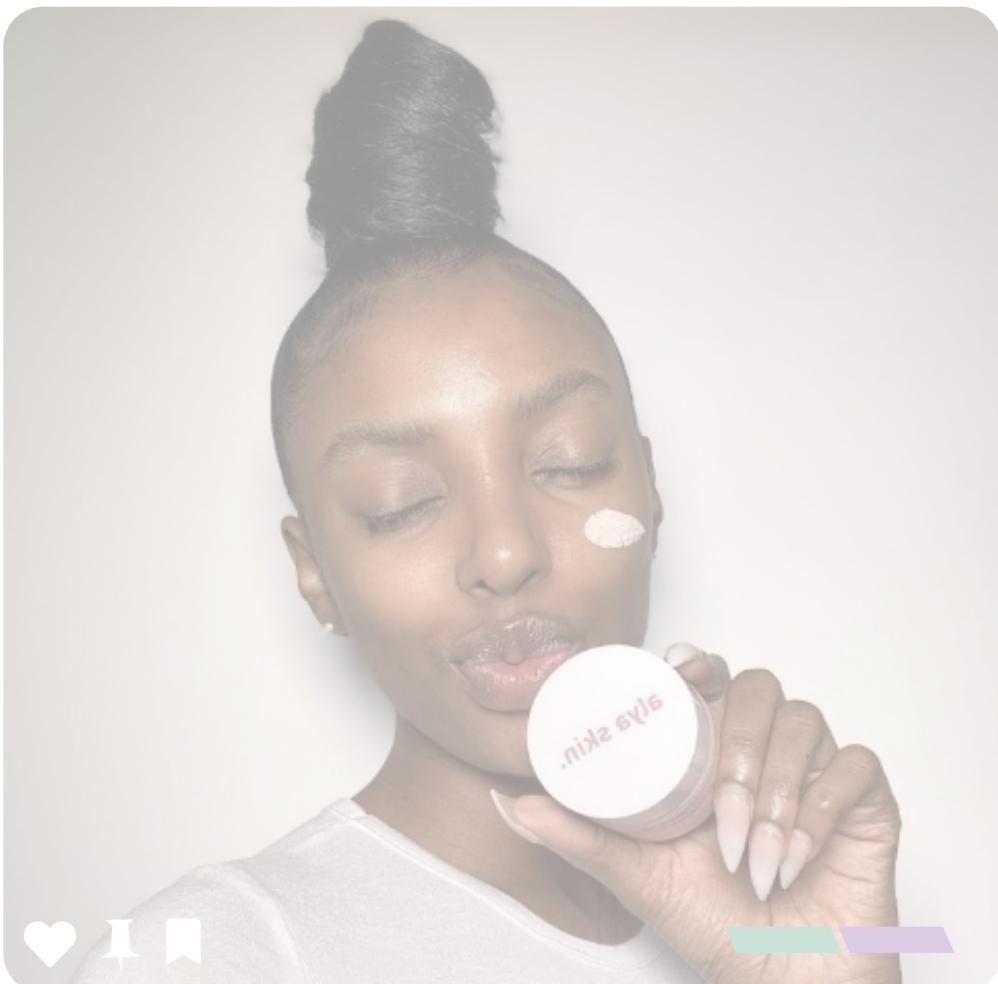
+ Photo

+ Status



Tyra C

Level 2



I'm on my 6th day of the Animal Cruelty Challenge and I can't believe what I discovered about a lot of my favorite skincare brands.



Jamie Polliche

Level 2



Home



Progress



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SOCIAL CIRCLES



Animal Cruelty

Climate Change

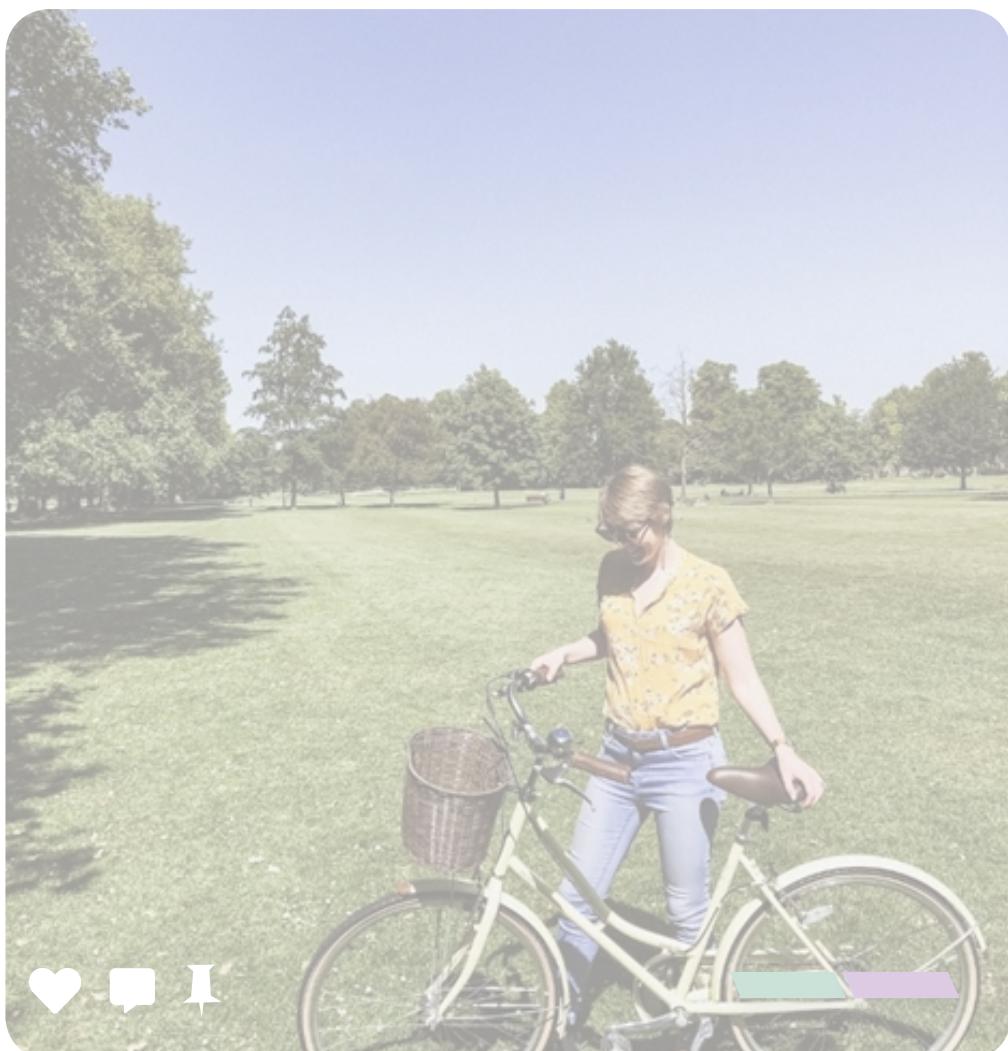
+ Photo

+ Status



Josh Dinters (they/them)

Level 2



My work isn't that far from my house, so I pulled out the old bike. Each small action really does make a difference!



Jamie Polliche

Level 2



Home



Progress



Social Circles



Lead Board



Shop



Settings



SOCIAL CIRCLES



Animal Cruelty

Mental Health

+ Photo

+ Status



Angelica Dawson

Level 2



I am so grateful for this platform filled with all you incredible people <3. I was really struggling with my body image for a long time, and I wasn't feeling like myself. It was really difficult to deal with since



Katherine Johnson

Level 2



Home



Progress



Social Circles



Lead Board



Shop



Settings



Settings

1

19/50



4 day streak



Name

Total Points: 1443

789 Followers**886** Following

Photos



Status



Archive

MEDALLIONS



Social Justice warrior
(spoke out about social issues)



Super Streak
(30 consecutive days of missions)



Eco Hero
(completed Climate Change Challenge)



Cruelty-free
(30 days using only cruelty-free products)



Nice Streak
(10 consecutive days of missions)



Pampered
(10 consecutive days of self care)

SETTINGS



Home



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Settings



Next

What's on Your Mind?

Insert text here...

B

I

Photo

Status



New Status



Josh Dinters (they/them)

Just rode my bike to work for the first time, and I have nothing but positive things to say! Thank you Etherea for this challenge, I will definitely be doing it long after I'm done with this month's challenge.

B

I

Section:

Mental Health

Climate Change

Animal Cruelty

Tags:



Vegetarian



Green Commute



Reduce Plastic



Support Movements



SOCIAL CIRCLES



Animal Cruelty

Climate Change

Mental Health



Josh Dinters (they/them)

Level 2

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Tags:

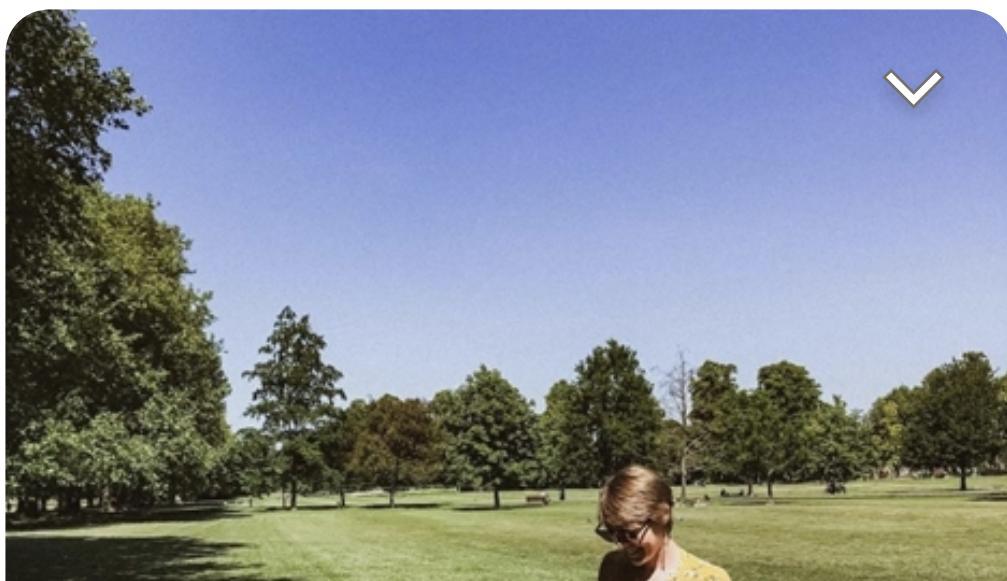


Green Commute



Josh Dinters (they/them)

Level 2



Home



Progress



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Settings



Archive



Gratitude List

Journal

Gratitude List

Feb. 3, 2021



I am thankful for:

1. My dog
2. My family
3. Donuts

Feb. 4, 2021



Feb. 5, 2021



Feb. 7, 2021



Feb. 10, 2021



Feb. 13, 2021



Home



Progress



Social Circles



Lead Board



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Settings



Archive



Gratitude List

Journal

Journal Entries

Feb. 3, 2021



Entry:

Started my social media detox yesterday, I feel so refreshed, I'm glad I decided to take this challenge. My mind feels clear!

Feb. 4, 2021



Feb. 5, 2021



Feb. 6, 2021



Feb. 9, 2021



Feb. 11, 2021



Home



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SOCIAL CIRCLES



Climate Change

Animal Cruelty

Mental Health



Tyra C

Level 2



I'm on my 6th day of the Animal Cruelty Challenge and I can't believe what I discovered about a lot of my favorite skincare brands.



Jamie Polliche

Level 2



Home



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SOCIAL CIRCLES



Animal Cruelty

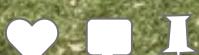
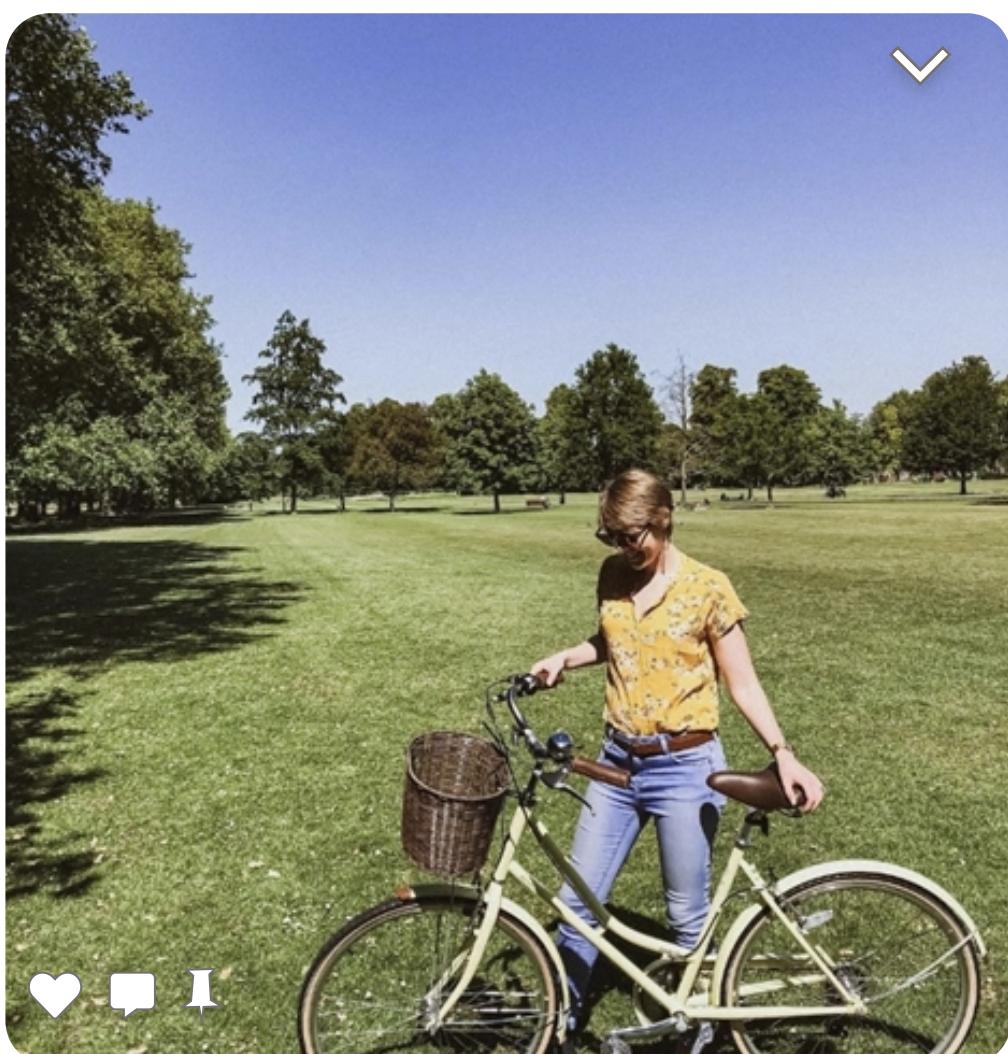
Climate Change

Mental Health



Josh Dinters (they/them)

Level 2



My work isn't that far from my house, so I pulled out the old bike. Each small action really does make a difference!



Jamie Polliche

Level 2



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Animal Cruelty

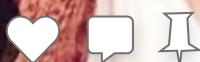
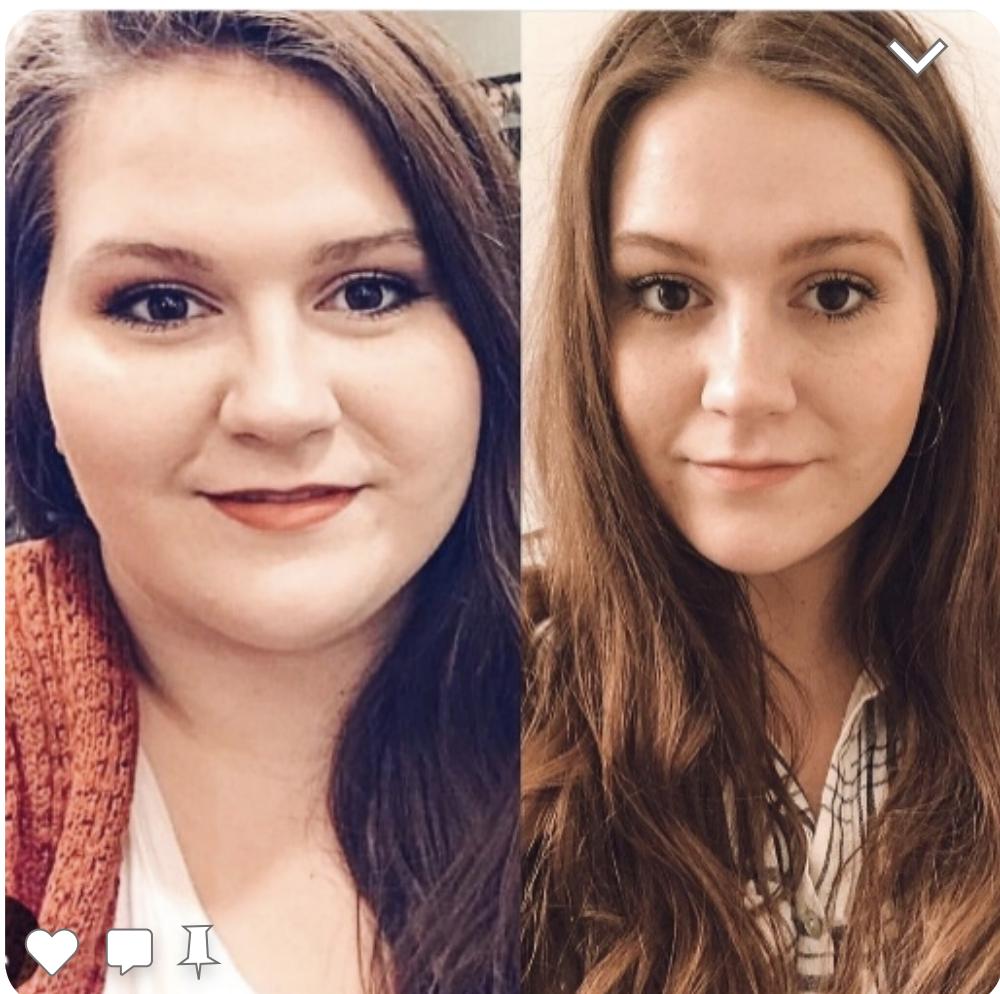
Mental Health

Climate Change



Angelica Dawson

Level 2



I am so grateful for this platform filled with all you incredible people <3. I was really struggling with my body image for a long time, and I wasn't feeling like myself. It was really difficult to deal with since



Katherine Johnson

Level 2



Home



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Gratitude List

Journal

Gratitude List

Feb. 3, 2021



Feb. 4, 2021



Feb. 5, 2021



Feb. 7, 2021



Feb. 10, 2021



Feb. 13, 2021



Feb. 18, 2021



Feb. 21, 2021



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Journal Entries

Feb. 3, 2021



Feb. 4, 2021



Feb. 5, 2021



Feb. 6, 2021



Feb. 9, 2021



Feb. 11, 2021



Feb. 17, 2021



Feb. 28, 2021



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SOCIAL CIRCLES



Animal Cruelty

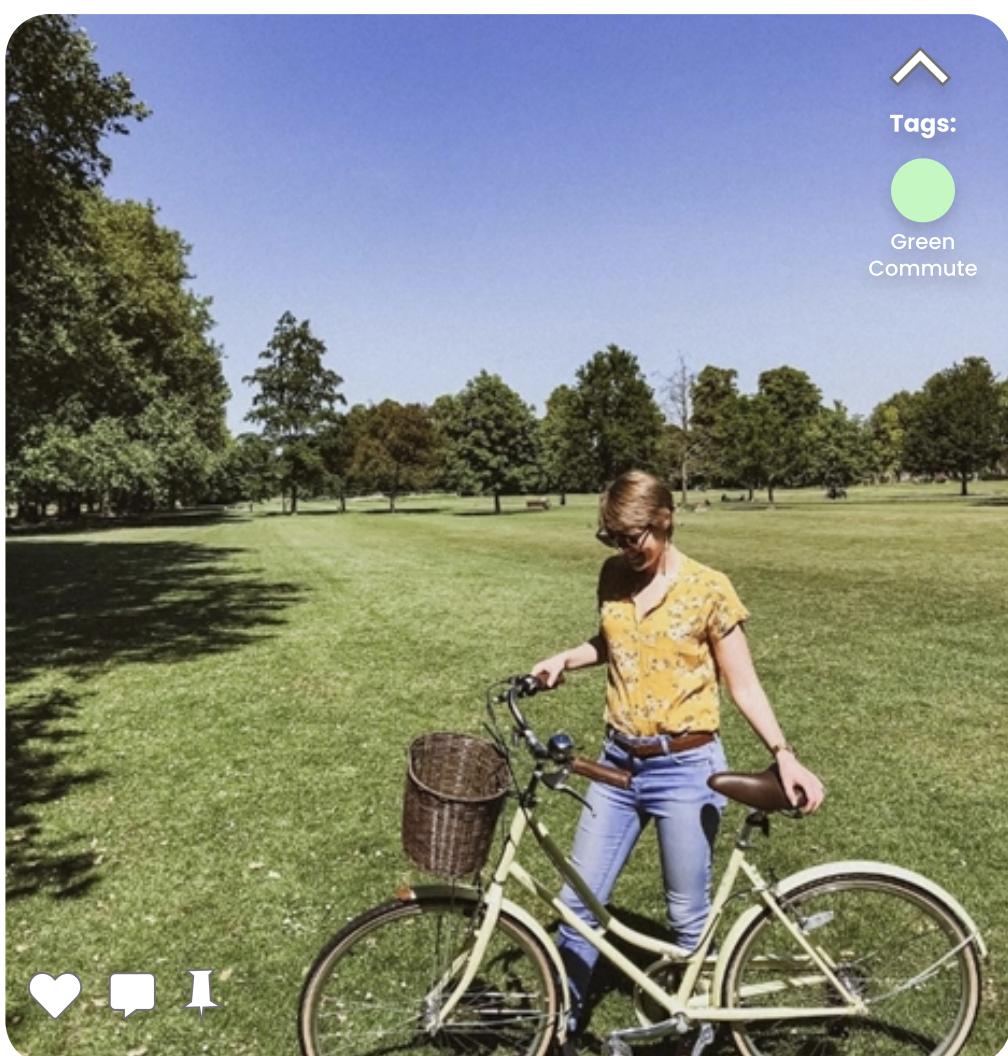
Climate Change

Mental Health



Josh Dinters (they/them)

Level 2



My work isn't that far from my house, so I pulled out the old bike. Each small action really does make a difference!



Jamie Polliche

Level 2



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SOCIAL CIRCLES



Mental Health

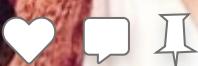
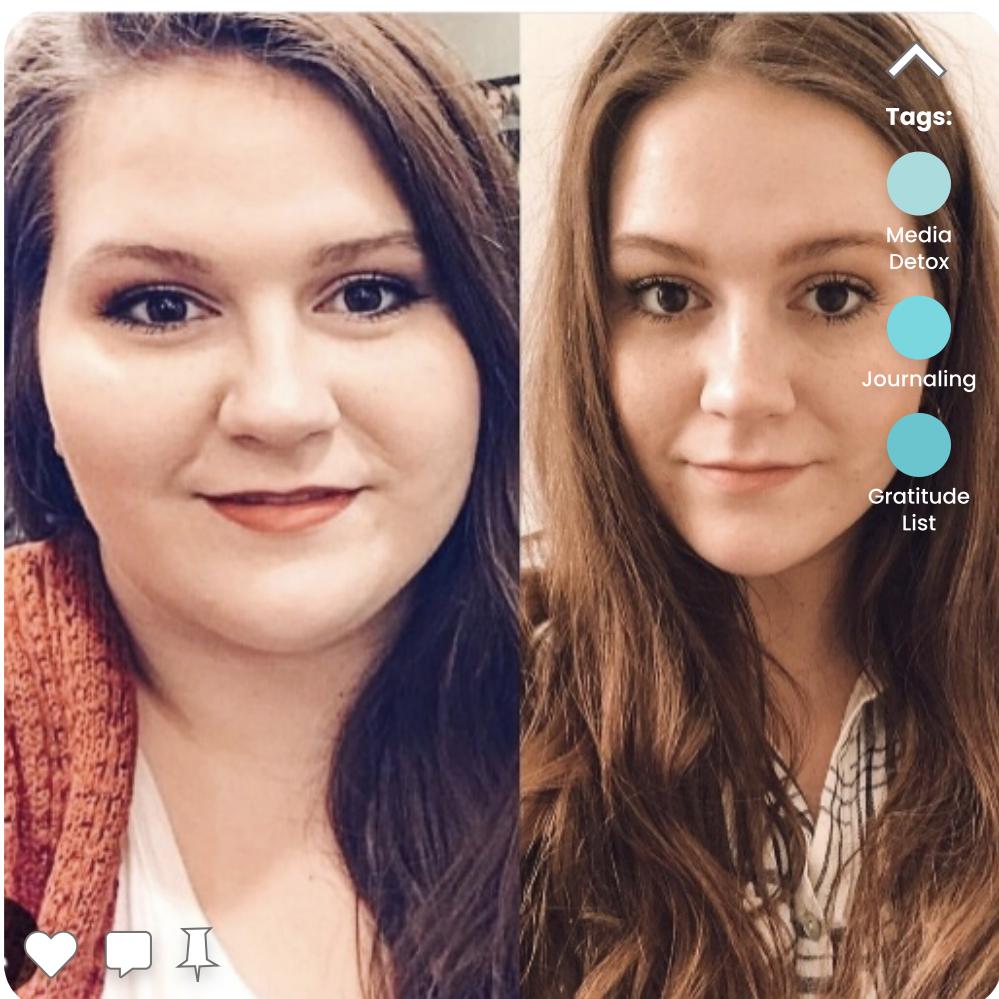
Animal Cruelty

Climate Change



Angelica Dawson

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Katherine Johnson

Level 2



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