

# Sustainable New Year's Resolutions

New  
You  
For

'22

1

**Don't buy clothes unless you need to**



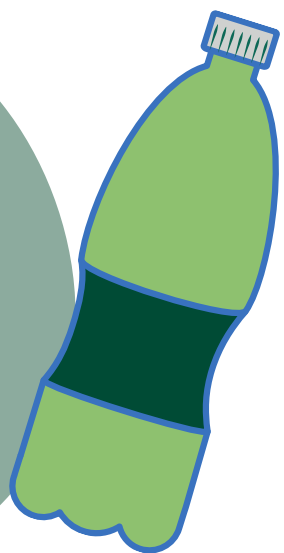
2

**Try one new eco product per month**



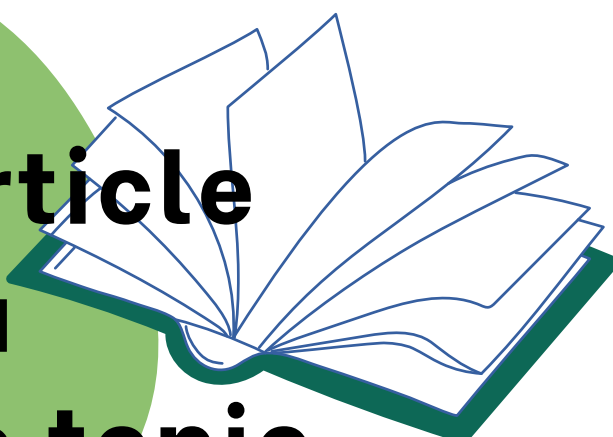
3

**Actively avoid plastic waste**



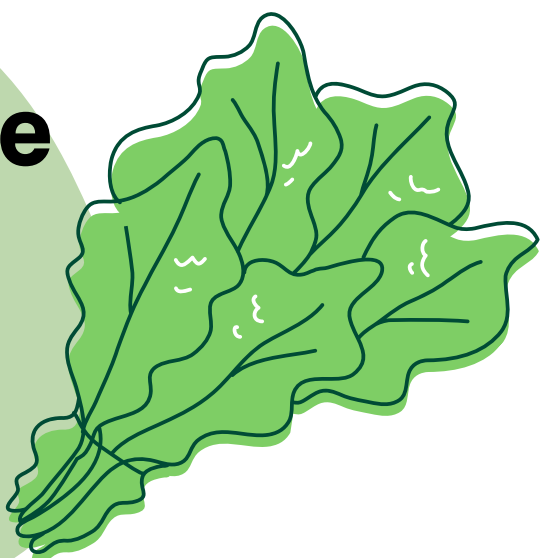
4

**Read one article a week on a sustainable topic**



5

**At least one vegetarian dinner per week**



6

**Research before buying**



7

**Keep your inbox clear**



8

**Only buy waste-free presents**



9

**Go on a nature walk once per week**



10

**Be kind to yourself**

