



10 Pledges - Which actions will you choose?

Take one step at a time, choose one action and then slowly but surely take more steps

 Build a habit
  One-off action
  Environmental impact

Pledge 1 - Rethink	To Do	Done	Action type and impact
1. List five things I do on autopilot that affect the planet, and choose one each week to find an alternative to			 
2. Challenge a daily habit such as how I travel or shop and replacing it with a lower-impact alternative for the next month			 
3. Choose one area of my life - food, home energy or transport, and create a plan to reduce its environmental impact over the next 3 months			  
Pledge 2 - Refuse	To Do	Done	
4. List the single-use packaging I use often (lunches, toiletries, etc.) and choose a reusable alternative for the next 4 weeks			 
5. Carry and use a personal reusable kit (tote bag, bottle, cutlery, container, snacks from home) every day for 1 month			 
6. Avoid all unnecessary purchases for the next 3 months and rethink what I truly need and value			  
Pledge 3 - Repair	To Do	Done	
7. Visit a Repair Café or community repair event this month to fix something I already own			 
8. Learn one repair skill such as mending clothes, tightening fixings or sealing leaks and use it to fix an item I would otherwise replace			 
9. Aim to repair instead of replacing anything broken in my home for the next 3 months using my own skills or a repair service			  
Pledge 4 - Reconnect	To Do	Done	
10. Spend time in nature once a week for the next month walking, gardening or simply observing in a park, nature reserve, woodlands, etc.			 
11. Choose one local green space to care for over the next 6 weeks through litter picking, planting or tending			 
12. Support nature restoration in my area for 3 months by volunteering, joining a project or advocating for green spaces (check West Sussex County Council site)			  
Pledge 5 - Reduce	To Do	Done	
13. Reduce my energy use in one part of my home, such as heating, lighting or laundry, and encourage my family to do so, for the next 4 weeks			 

14. Plan meals and use up what I buy to cut food waste for one month			 
15. Choose one area such as takeaway packaging, impulse shopping or digital clutter (deleting data from devices) and cut it by half over the next 3 months			 
Pledge 6 - Refuel	To Do	Done	
16. Cook two plant-based, seasonal meals each week for the next month			 
17. Switch to local and unpackaged ingredients where possible and cut out at least three high-impact food items (like imported meat or plastic wrapped produce) for the next 6 weeks			  
18. Grow at least one edible plant such as herbs, salad or tomatoes and plan at least one regular meal each week around what I've grown, for the next 3 months			  
Pledge 7 - Reuse	To Do	Done	
19. Replace five common disposable items such as cling film, kitchen roll or cotton pads with reusable alternatives this month			 
20. Choose second-hand first or reused options for clothing, books or homeware whenever I shop for the next 2 months			  
21. Over the next 3 months, create a 'reuse-first home' by ditching single-use, setting up refills, and repurposing 5 everyday items			   
Pledge 8 - Replenish	To Do	Done	
22. Compost my food waste at home, through a community scheme, or by sharing with someone who does for the next 4 weeks			 
23. Plant something that supports wildlife such as herbs, pollinator plants or native species and care for it			 
24. Actively support nature's recovery for the next 3 months by volunteering with a project that restores biodiversity			 
Pledge 9 - Recycle	To Do	Done	
25. Learn what I can recycle through my home council recycling bin			 
26. Reduce the waste and recycling in my council bins and donate other recycling to Sussex Green Living and take single use plastics to the supermarkets			  
27. Grow your own food (no food miles, chemicals or packaging) and adopt zero waste shopping practices			   
Pledge 10 - Review your finances	To Do	Done	
28. Learn about green money and ethical banking and pensions (Ethical Consumer mag)			 
29. Switch your current account to an ethical bank (they do it free of charge for you)			   
30. Switch your pension to ethical investment funds, your savings account to an ethical bank and when remortgaging, choose an ethical brand			   

We hope this list helps you take your next step to living a sustainable life. If you have any thoughts about the pledges, we'd be happy to hear them: cort@sussexgreenliving.org.uk
Find out more at www.sussexgreenliving.org.uk Charity No. 1189569