

Small steps for the planet.

It starts with us.

Learn more at [ItStartsWithUs.net](https://www.ItStartsWithUs.net)

I'm a sustainable shopper.

I choose products with packaging made from recycled materials.

I'm a proud regifter.

Tried a new product you didn't like? Don't waste it! Pass it onto someone else.

I drop it low.

I have cooler showers to look after my skin and use less energy.

I am the natural type.

I let my hair air dry instead of using a hairdryer to save energy.

I shower with soul.

I use my favourite 4-minute song to help me save time in the shower.

I always flip the switch.

I flick the lights and powerpoint switches off to use less energy.

I recycle the right way.

I sort my packaging so I know each part is being recycled properly.

I go with the flow.

My low-flow shower head halves the amount of water I use.

I buy with my heart.

Buying recycled plastic helps keep plastic in the loop.

The heat is on!

When I heat my bathroom, I close the door to save energy.

I keep it short and sweet.

I don't brush my teeth while showering – which saves a lot of water.

I'm up for the challenge.

21 days of living more sustainably?
Challenge accepted.



Want to join in on the 21 day challenge?
Scan to learn more!

