



CHALLENGE  
WEEK 1

# Plan It for the Planet

## Week 1 tasks:

01. Track your daily step count. Visit the to-do list on your wellbeing platform to track your progress.
02. Spend 15 – 20 minutes this week researching volunteer work near you or charitable donations you could make in your area. You're not required to donate, but it's a great idea if you're able!

## Next week:

Spring (and winter, fall, and summer) cleaning.



## Get up, get active, and go do good

### Let's make great things happen

Welcome to the Plan It for the Planet challenge! We're here to help make great things happen for your community and yourself. Each week, you'll track your daily step count and complete a new task related to community volunteering, donating, or other ways of doing good for those around you.

This week, spend 15 – 20 minutes researching volunteer work near you or charitable donations you could make in your area. Here are a few tips to help you get started:

1. **Reflect on the last year:** What was important to you? Try to think of the causes that align with your own values, passions, and interests. That's what leads to sustained engagement with a cause and can deepen your relationship with a charity.
2. **Give to the movement not the moment:** Try to avoid rash decisions. Be intentional with your time and your giving in order to build a sustainable relationship with the charity or movement. That will ultimately provide the greatest impact on you and your community.
3. **Local or global options:** Decide whether you want to support a local group or a larger, global cause. This doesn't have to be an either-or situation, but it can be helpful if you only have a small number of resources to donate.
4. **Vet your charities:** Before you give, make sure the charity is legitimate and will use your donation wisely. There are several organizations that research charities' financial health and their commitment to transparency and accountability. Sites like [guidestar.org](https://www.guidestar.org) and [charitynavigator.org](https://www.charitynavigator.org) are good places to start.
5. **Think beyond dollars:** Even if you can't make a donation, there are plenty of ways you can help support a cause. Volunteering is a wonderful option, especially for local charities that don't have the support of their larger counterparts.



# Plan It for the Planet

## Week 2 tasks:

01. Track your daily step count. Visit the to-do list on your wellbeing platform to track your progress.
02. Spend 15-20 minutes this week researching community cleanup activities you could participate in over the coming year. Earth Day is a great time to start!

## Next week:

How to help when you don't have the time.



## Spring (and winter, fall, and summer) cleaning Keep the planet green

When it comes to a healthy community, “G” should stand for green—not garbage! This week, get into your community and see if there’s any way you can leave those public spaces a little better than you found them.

Want to take it a step further? Help keep your community (and our planet) beautiful with these tips:

1. **Carry a reusable bag:** On your next walk, make sure you’re prepared for any rogue litter with a reusable bag that you can empty once you find the proper bin.
2. **Give composting a try:** This is a great way to reduce your personal food waste. Bonus points if you find a local garden to donate your compost. This is great for healthy and resilient plant growth.
3. **Join a community garden:** Growing your own food is great for a green planet. Not only does it provide healthy food, but it also connects you to the earth and members of your community!



# Plan It for the Planet

## Week 3 tasks:

01. Track your daily step count. Visit the to-do list on your wellbeing platform to track your progress.
02. Use the tips from this week's newsletter and make a list of five ways you can improve someone's day without losing all your free time.

## Next week:

Other ways you—yes, you—can help save the planet.



## How to help when you don't have the time

### Every moment matters

We get it—your time is valuable. That's why we're thrilled you decided to take this wellbeing journey with us! And luckily for all of us, you don't need tons of free time to make a difference when it comes to the health of a community. All it takes is a big group, doing small things, to spark positive change.

What does that look like? It can be as simple as ...

1. **Leading with kindness.** Everyone has their own personal challenges we know nothing about. Something as small as a smile or a friendly check-in could make a world of difference to someone who is silently struggling.
2. **Sparkling a chain reaction.** Random acts of kindness (like paying for a stranger's coffee at a drive-through) are great ways to spark a chain reaction. This helps not only one person but potentially dozens of others in the process. So, if an opportunity arises to be that initial spark—give it a shot!
3. **Walking in someone else's shoes.** We all have moments in our day that challenge us. People miss deadlines, have a grumpy attitude, etc. But before you respond, try taking a breath and remember—cutting someone a little slack could help ease their frustrations and your own.





CHALLENGE  
WEEK 4

# Plan It for the Planet

## Week 4 tasks:

01. Track your daily step count. Visit the to-do list on your wellbeing platform to track your progress.
02. It's time to take action. This week, use your list from an earlier week of the challenge and actually perform a good deed!

Thank you for joining the challenge!



## Other ways you—yes, you— can help save the planet

### Small changes make a big difference

Hooray! Welcome to the final week of Plan It for the Planet. This week, it's time to go from planning to doing.

At some point along this journey, you might have asked yourself; how can one person make a difference when there's so much happening in the world? If that's you, then please know you're not alone in your thinking. But it's important to remember that large movements always start with one. One person, one big idea, one decision that can spark a chain reaction and inspire others to step up as well.

So, this week, look back on your list from week three and perform at least one of those good deeds. You might be surprised by how you feel.