[GreenResolution.org](https://greenresolution.org/)

# How To Use

1. Delete this section
2. Remove or edit the resolutions below
3. Stick to your resolutions!

# Our / My Green Resolutions

These are our / my green resolutions for 2022 and the 2020s

## Family

No more than two children

## Money

Switch from a bad bank such as Barclays to a better bank like Starling

(if you [open an account with this link](https://www.starlingbank.com/referral/?code=8tOICJ) then they’ll plant a tree for us)

Check what funds your pension is invested in and change it to ethical ones

## Food

No more than two meals a week with meat

At least two meals a week vegan (in addition to breakfasts)

Remove mammal meat from diet

Shift towards more vegetarian and vegan food (with little or [sustainable rice](https://en.wikipedia.org/wiki/Rice%22%20%5Cl%20%22Environmental_impacts))

Go fully vegan or vegetarian

## Transport

Next vehicle fully electric (not just hybrid, even if plug-in)

No gasoline/petrol/diesel driving in local town (unless the load is too big to carry by foot/bike)

No more than one flight each per year

Reduce gasoline/petrol/diesel use

Go [flight free](https://flightfree.co.uk/) for the whole year of 2022

## Work

Get a new job in a place that will make a positive difference

Start a 'local sustainability chapter' within my workplace (use it to organise tree planting, meatless Mondays, 20% time Fridays for Future, 11 min at 11AM on Fri etc.)

## Waste

Begin composting (aerobically to reduce methane)

Cut down food waste (buy only what is needed)

Reduce waste (especially plastic)

Consume less stuff

Get as much as possible second-hand

Block ads and avoid advertising companies (e.g. [set up a Pi-hole](https://unop.uk/pi-hole-extended-part-1/))

## Talk

Speak up more about sustainability

Organize environmental meet-ups

Learn more about all the different aspects of the climate crisis to better communicate where we can make change happen and how

Talk to a friend, family member or colleague about the climate crisis problem

## Action

Join an activist organisation

Write to my MP/representative

Switch energy supplier to a renewable one (e.g. Octopus Energy - [£50 referral link](https://share.octopus.energy/witty-wave-889))

Read more (well-cited) books, reports and scientific papers

## Regenerate

Take more walks in parks without any specific goal or direction

Plant a tree (you could even [give me a gift of some](https://ecologi.com/unitsetsoftware)!)