



Sustainable habits 7x7

My Habits Journal

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Here is why your journal is super important:

Remembering Your Actions: You can write down all the good stuff you do to make the environment and your community a better place.

Seeing Your Impact: It helps you understand how your actions help our planet and all the creatures who live here.

Building Earth-Friendly Habits: Writing about what you do helps you get better at making planet friendly choices every day.

Fun and Learning: It is not just a journal. It is a fun way to learn and grow.

Points: Your teacher will look at all your Habits Journals and check how often and regularly you have been taking part in the activities, whether you have been sharing and reflecting on what you are learning, and lastly whether you are enjoying being an eco-social warrior. From the points given by your teacher on your journal, you will get either a certificate or badges.

So, let's get started!
Turn the page, and let the adventures begin!

How to use your journal:

This journal is a special place where you can record your efforts to make the world a better place.

Here is how to use it:

Select the activities you want to do over the course of the year: You can always speak to your teacher and add activities if you feel like you can do more.

Write about each activity every time you do it: Describe what you did and why it is good for the earth.

Share your feelings: Write down how you felt while doing the activity. Did you feel happy, proud, or excited? Your feelings are important!

Reflect on what you learnt: Think about what you learnt doing the activity. Did you discover something new about nature or the environment?

Be consistent and set goals for yourself: Challenge yourself to do more earth and community friendly activities and see how many you can achieve!

Track your progress: Look back in your journal to see all the amazing things you have done.

Have fun: Remember, your journal is not just for writing. It is a fun way to learn, express yourself, and become an even better person!

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Milestone section

In this section of your Habits Journal, you can celebrate special moments and milestones related to your activities.

These milestones show how your actions have a lasting impact on the environment.

Here's how to use this section:

Date: Write down the date when the milestone occurred.

Milestone Description: Describe the milestone in detail. What happened, and why is it important? For example, if you planted a tree, you might write about the tree bearing fruit.

Feelings and Reflection: Share your feelings about reaching this milestone. How do you feel about the Earth-saving journey that led to this moment?

Drawing or Photo: If possible, draw a picture or attach a photo related to the milestone. Show what it looks like and why it's special.

What's Next: Think about what you want to achieve next. What new Earth-saving adventures are you excited to embark on? Write down your goals.

Sharing Your Milestone: Consider how you can inspire others with your milestone. How can you share this achievement with your friends, family, or community?

This Milestone Section is a place to remember and cherish the moments that remind us of the positive impact we're making on the Earth. It's a special page of achievements in your Habits Journal.

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