

# My Earth Friendly \*

**Are you ready to become, or become more, Earth Friendly?  
Start Small but be consistent daily.**

**If so, take one or two of three simple steps today.**

**Step 1. Decide where to start, your body or your home.**

**Step 2. Seek Earth Friendly options and make a choice.**

**Step 3. Keep moving forward, one step at a time.**

**Ideas for being Earth Friendly for your body:** Change your face and hand soap or toothpaste or shampoo or any chemical you use. Change some of the food you consume. Keep minimal ingredients and organics in mind.

**Ideas for being Earth Friendly for your home:** Change your dish soap or laundry soap, or dryer sheets or properly dispose of harmful chemicals like pesticides. Minimize food waste. Reuse and recycle more. Seek options to avoid disposable plastics.

**The Alexander report below is the most surprising whereas the Irfan & Barclay report below is disturbing.**

## **Resources:**

### Individuals:

- ✚ Alexander, M. (2018). Conscious Living TV. The World's Most Eco-Friendly People: <[Link](#)>
- ✚ Irfan, U, & Barclay, E. (2018). Vox. 7 things we've learned about Earth since the last Earth Day: <[Link](#)>
- ✚ [Jane Goodall](#) / [E. O. Wilson](#) /

### Organizations:

- ✚ 14 Environmentally Friendly Companies Hiring Now: <[Link](#)>
- ✚ 30 eco-friendly alternatives for things you use every day <[Link](#)>
- ✚ 7 Hobbies of Eco-Friendly people <[Link](#)>
- ✚ Earth Day Network: <[Link](#)>
- ✚ EarthX: <[Link](#)>
- ✚ Ten Global Earth Friendly companies: <[Link](#)>

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\* Earth image obtained from <https://www.pexels.com/photo/sky-earth-galaxy-universe-2422/>