



Improving Environmental Wellness

Come up with 5 goals that you can work toward to achieve environmental wellness. These goals can be related to cleaning the environment, saving energy, or anything related to improving the space around you. Each goal should start with each of the letters E,A,R,T, and H.

E

A

R

T

H

Over the next couple of months, keep these goals in mind and complete all 5 to improve your environmental wellness. Once you complete all 5, create 5 more!

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