

Reducing Plastic Use Worksheet

August 22, 2019

What role(s) does plastic play in your life right now? What benefits does it offer?

Why is reducing your plastic usage important to you personally?

One year from today, how do you want to have changed your plastic usage?

Were you to make no changes to your current habits, how much plastic do you think you would buy or use in the next year? How do you feel about that?

SMART Goals are Specific, Measurable, Action-oriented, Realistic, and Time-oriented. Write out three smart goals that will bring you closer to where you want to be regarding plastics usage by this time next year.

1.

2.

3.

Notes: