

Setting zero-waste goals

Write down specific goals on what you want to change and how it will happen. You can create area goals (for example, by rooms of the house), goals for each member of the family, or just a progression of steps to take from easy to harder as you make your zero waste journey.

Write down what you're going to do to make a change, when, and how often it will happen.

| Goal | Action | Time frame | Were you successful? Track each time this action occurred (or didn't) | Notes, troubleshooting |
|--|--|--|---|---|
| Reduce the number of bags we throw out | Bring (and use) my reusable bags | Every time I get groceries | 1 yes 2 no 3 y/n 4 y/n 5 y/n | Problem: I forget my bags inside the house between shopping trips. Solution: When I unpack groceries, I put the bags next to my keys |
| Eliminate paper towel waste | Stop buying paper towels and use a cloth instead | When my paper towels run out, I won't buy any more | | I had to buy a few wash cloths but now we are paper towel free! |
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Or you could write a statement that includes a goal, action, and time frame.

Examples:

- I will use reusable bags when I go to get groceries instead of taking plastic grocery bags.
- I will eliminate my paper towel waste by using a cloth and washing it.
- When the kids need new sports equipment, we will go to a secondhand store before buying new.
- When I go to the grocery store, I will bring a container to buy flour in bulk.
- I will use green cleaners to replace at least half of my household cleaners.
- Alejandra will go through her toys twice a year and donate the ones that are no longer her favorite.
- William will buy a reusable razor and only keep a few disposable razors for business trips.
- We will use washable Tupperware for Hassan's school lunch and snacks instead of zippered plastic bags.

Remember to check in on your goals. Keep yourself accountable by setting up calendar reminders, using a tracking app, or getting an accountability buddy (family member, friend, colleague, etc.).