



# MPWRA – 30 Day Green Habit Challenge

Let's Make Merton Park Ward the Greenest in the Borough!

Sign up to Merton Park Ward Residents Association (MPWRA) 30 Day Green Habit Challenge to make Merton Park Ward greenest in the Borough!  
(Don't live in Merton Park Ward? that's okay, sign up and make your neighbourhood greener too)

## I am signing up to MPWRA Greener Initiative and pledge to:

Rid one room of plastic  I will do this by the following actions: \_\_\_\_\_

Make No New Purchases  I will do this by the following actions: \_\_\_\_\_

Cut out all Red Meat  I will do this by the following actions: \_\_\_\_\_

Switch off all Appliances  I will do this by the following actions: \_\_\_\_\_

Cut down on Car Usage  I will do this by the following actions: \_\_\_\_\_

Other Please State: \_\_\_\_\_ I will do this by the following actions: \_\_\_\_\_

## Your Motivation

(Not everyone is motivated purely by environmental concerns, and so by recognising your motivation it can be easier to change your habits, so your answer might be; 'For my children's/grandchildren's future', 'To become fitter', 'To save money')

My motivation is: \_\_\_\_\_

## Your Guilty Pleasure/Non-negotiable

Our campaign is not about virtue signalling, and we recognise that what is easy to cut out, reduce or recycle for one person may not work for another person. So what's your guilty pleasure? It might be that you HAVE to have four foreign holidays a year, or you MUST have a car. While it may not be great, allow yourself this one thing and make your other actions count towards offsetting it.

My motivation is: \_\_\_\_\_



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Help yourself stick your new green habit by crossing off all the days that you manage to stick to your green goal. But equally, don't beat yourself up if you mess up one day! Instead just remind yourself of your motivations. We would love you to share your story with us so why not scan this in and send it to: [mpwra@mertonpark.org.uk](mailto:mpwra@mertonpark.org.uk)

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
Day 29	Day 30					

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