



# 100 Days of Values in Practice

## Nature

- Add a natural experience to your daily plans
- Hang a homemade birdfeeder or feed the birds
- Plant a native plant
- Visit a different park area and share about it or leave a positive review online
- Go vegetarian or vegan for a day
- Take your soft plastics for recycling
- Install a bird, bee, or butterfly shelter in your garden
- Leave a pile of leaves in your yard for insects and insectivore birds
- Go for a walk and collect litter as you wander
- Donate money or time to a conservation organisation
- Share a petition or post about an environmental cause or campaign
- Leave your lights off and enjoy the evening by candlelight
- Learn the names of 3 native trees in your neighbourhood
- Choose to walk, cycle, or scooter to your destinations today
- Learn about the habitat, habits and needs of a native animal
- Take old medications, paint, and chemicals to a safe disposal site
- Use cold washes for your laundry
- Create a car pool with colleagues, neighbours, and/or friends
- Donate time or money to a Trap Neuter Return feral cat programme
- Visit a wildlife sanctuary and leave a positive review
- Start a compost bin, or nurture the one you have
- Find your local collection point for used batteries, polystyrene etc
- Attend an upcycling workshop, or watch how-to videos on upcycling
- Turn a portion of your lawn into a flowering garden
- Take a 5 minute shower and fix dripping taps in your home

## Economy

- Donate books to a community library or charity shop
- Make a food donation at your local supermarket or foodbank
- Donate something to charity – clothing, household goods, financial contributions
- Shop from a small local business
- Post a positive review online for a small local business or non-profit organisation
- Take treats to a non-profit organisation
- Read an article by someone with a different view point from your own
- Contact a local refugee centre and enquire about how you can help
- Donate to and/or share a crowd-sourced funding campaign
- Buy a meal for someone in need
- Read the policy platform of a political party you don't follow
- Learn the names of your local councillors
- Research the industries/companies your super fund invests in
- Complete a personal values questionnaire and encourage friends to do so
- Buy from a local small business or market stall
- Support a local artist, musician, or creative
- Try meal planning in advance to reduce food waste
- Register to vote in local and general elections
- Connect with your neighbours and share garden equipment or tools
- Set up an account with [www.LendWithCare.Org](http://www.LendWithCare.Org) and invest in fledgling
- Arrange a clothes-swap party with friends and colleagues
- Talk to a young person about enrolling to vote
- Plant a vegetable garden or potted herbs
- Buy a second hand book or donate books to a second hand bookstore
- Set up a book swap box at your front gate

## Society

Meet a friend or friends for a meal  
Learn three words in a new language  
Count all the kindnesses you give, receive, and witness in a day  
Pay an honest compliment to three people  
Hand out a thank you note for good service or email their boss  
Sign online petitions for non-profit groups or good causes  
Bake and share with neighbours  
Let someone in to traffic and give them a friendly wave. Repeat  
Friend a non-profit on social media and share some of their posts  
Send a "thanks for being my friend" text or email  
Look for volunteer opportunities within your community  
Call a family member that you have not spoken to for a while and chat  
Give a homemade gift to someone for no particular reason  
Check in with someone who had a recent loss, trauma, or stressful  
Introduce yourself to a neighbour you don't know  
Send a thanks message to an organisation or person who has helped  
Smile at people you see today  
Share something you find positive and inspiring on social media  
Tell a loved one something you admire about them  
Honour someone who has passed such as family members or ancestors  
Offer to help your neighbours with some yard or house work  
Ask someone to teach you more about their hobby or culture  
Donate blood  
Learn three new things about a colleague or acquaintance  
Leave positive messages around your workplace or supermarket

## Well Being

Slow down and savour one activity in your day  
List all you've achieved in the past 5 years  
Book a medical appointment or check up  
Write a list of everything, big and small, that you are thankful for  
Finish a task that's incomplete  
Plan and carry out an intensive self care ritual  
Say "yes" to something new or adventurous  
Get into water lake, ocean, river, bath, float spa  
Go to bed early and read or journal until you are sleepy  
Do something playful and lighthearted  
Add 3 uplifting accounts to your social media feeds  
Gift yourself 15 minutes of uplifting or healing music  
Take action, big or small, toward a dream or goal  
Walk bare foot on the ground  
Go for a walk or do some exercise with a friend  
Clean your desk or workspace  
Practice a loving kindness meditation  
Go for an awe walk and look for the wonder in the world  
Do something that makes you feel alive or joyful  
Exercise your brain with puzzles, crosswords, or riddles  
Speak to yourself in a kind supportive way today  
Let go of or delegate a task you've been procrastinating on  
List where things are better, brighter, or closer to fruition in your life  
Practice Three Good Things. List three things that are great in your day  
Choose a colour and notice wherever you see it through your day



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VALUES  
DAY

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