

THE EIGHT < R > OF SUSTAINABILITY

The path towards sustainability starts with understanding what we consume and how our habits trap us into unhealthy lifestyles. Use these eight, practical steps, to lower your use of expendable goods, eat less addictive food, and make your life more purposeful.



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-  **RETHINK** Consider whether you really need it.
-  **REFUSE** Refuse to buy it if you don't need it.
-  **REDUCE** Buy less of it, use less of it.
-  **REUSE** Reuse it instead of throwing it away.
-  **REPAIR** Repair it if you can still use it.
-  **REPURPOSE** Find a new use for it, giving it new life.
-  **REGIFT** Give it to someone who might need it.
-  **RECYCLE** After all uses for it have been exhausted.