



How to do The Good4All Experience:

- 1. Meat-Free Monday:** We recommend this as your first commitment within the Good4All Experience. Commit in your head and heart to eat plant-based on Mondays. (Eating plant-based one day per week is one of the best practices for your personal health and the planet's! You can do this!). Recipes and ideas will be shared on social media by G4A Experiencers!)
- 2. Review the List of Practices.** Reflect on three additional practices that speak to YOU! Select activities that are new, challenging and will support the mission to positively impact personal and planetary health.
- 3. Sign UP!/Make your list:** Write down on a piece of paper your 4 things starting with Meat Free Monday as #1. #2-#4 can either be selected from the Good4All list, or create your own positive practice. Be as creative as you want. Your sign will be a visual reminder of your commitment to your practices. Look at it daily.
- 4. Take a photo of your list:** Share your personal list with at least one person in the group. Some may wish to share with all.
- 5. Share on Social media!** If you are comfortable, share a photo of your sign on social media.
- 6. Weekly/Monthly Check in.** Check in weekly with at least one other person from your group to share successes and challenges. Your group Initiator will plan a monthly Check in.