



HOW: On Earth Day, April 22,
we are asking everyone
everywhere to do the following:

Get quiet for **ONE** minute and
Listen for **ONE** new thought or
idea of something you can do
ONE time this Earth Day.

Examples of what you might think of are:

01

Water a tree; turn down the heat
or turn up the A/C....etc.



02

Plant a tree or shrub



03

Help with community
clean-up and recycling programs



04

Pick up trash-at home,
school, senior citizen
center, library, etc.



05

Walk, bike or take public
transportation instead of
driving somewhere



*Even cooler is an idea (that you can do)
that is totally new and not on the list. It is your
personal, important contribution to healing
our Earth.*

Visit teresawolfe.com/project-1 to sign-up.
We'd love to hear what you are doing to help.