



Coming up with a Waste Reduction Pledge

Step 1: Monitor your usage consciously for one week to identify some wasteful habits.

Step 2: Pick one of those habits and formulate it in a **waste reduction pledge**. See inspiration below.

How Long to Work on Your Pledge

On average, it takes around 2 months for a new habit to form. As a result, we recommend committing a minimum of 3 months towards your pledge to make sure that your new habit is indeed set, before you collect the praise. That said, if you still notice relapses to your old habit in the third month, you may want to extend your pledge. After all, the membership is supposed to celebrate your success, not your attempts.

Measuring Progress

Measurable Reduction Goals

If you have opted for a reduction goal that can be measured, e.g. “reducing your energy consumption by 5% over a 3-months period, the best way to make sure that you’re comparing “apples to apples” is to look at your consumption during the same month the previous year.

Other goals may be measurable with a stop watch, for example to see if your showers are indeed now only 3 minutes long. We encourage you to actually measure the time in these instances with a stop watch rather than estimating your shower time based on other factors.

Non-Measurable Reduction Goals

If you have chosen a reduction goal that is more habitual than measurable, e.g. turning off the water while applying soap, please know that habits take time. There will be times when you will fall into old habits and it’s important that you don’t give up after those mis-steps. Just “reset” mentally and do better next time around. Each “next time” is a new chance at setting that habit.



Examples of Waste Reduction Pledges

Water

- Reduce showering time to 3 minutes
- Switch off the shower while applying soap
- Turn off the tap while brushing teeth
- Only run dishwasher when it's full
- Only run washing machine when it's full

Energy

- Switch off the light when leaving the room
- Switch off shower while applying soap
- Turn off the tap while brushing teeth
- Only run dishwasher when it's full
- Only run washing machine when it's full

Waste

- Carry reusable items every day (e.g. a coffee cup, a water bottle, a lunchbox for leftovers, and one set of cutlery).
- Stop accepting single-use containers.
- Reduce the number of plastic-wrapped items our household buys every week to 15.
- Buy fresh oranges instead of orange juice.
- Not use any plastic bags in the produce section again and instead bring my own reusable produce bags.