

# 47 Ways To Make A Greater Impact

*We as humans have the opportunity to make a positive impact on 3 different levels; we can make an impact in our own lives, we can impact the lives of others, and we can have an impact on the planet too. Below, you will find 47 different ways to make an impact on these levels... some are focused on you, some are focused on others, and the remaining are focused on the planet.*

*A number can be implemented immediately, while others may take time to master. What's important is that you start now. Pick 3 that you will implement right away and at least 3 that you commit to implementing over the next 12 months... ok, let's get started!*

## Health & Well-Being

- Consistently up-level your thinking & abilities throughout the year (there is always another level)
- Develop remarkable level of EQ... gives you more time to spend on changing the world vs fighting internal battles
- Find at least 3 things to be grateful for every day
- Consistently expose yourself to new external environments, it challenges your thinking
- Meditate daily
- Practice yoga
- Spend time in nature, it increases your connection to and compassion for the planet
- Give yourself space to create (mind & body)... for something to be created, there must be space for it to be created into
- Nurture your curiosity, it opens you up to possibilities you haven't thought of yet
- Be ok with not knowing or needing to know, it develops your flexibility & adaptability to change
- Eat clean, healthy, plant-based produce
- Have technology-free time

## Business

- Design the impact your company will make in the world on all 3 levels (self, others, planet)
- Donate part of your salary / revenue / profit to causes that are aligned to your brand
- Develop and sell products & services that positively impact the planet, not just people
- Be curious about how you could use your unique abilities to make an even greater impact
- Support and buy from companies that are doing good on all 3 levels of impact
- Go paperless... if/when paper is required, use 100% recycled
- Do a company audit to reduce your carbon footprint (and take action on it)
- Become carbon neutral by offsetting 100% of your remaining carbon emissions
- Use video and new technology to magnify impact... make sure it's positive on all 3 levels to avoid negative magnification

## Relationships

- Use social media to build deeper relationships vs shallow, superficial connections
- Build relationships with quality people who care for others and the planet too
- Be ok with being vulnerable... in doing so, you give others permission to do the same and a deep bond can form quickly
- Give freely without expectation, knowing you'll get taken care of in some way, shape or form
- Have meaningful conversations with impact-driven people about the world and solutions for the challenges we face
- Tell someone you love them (or appreciate and respect them if in a business setting)
- Do a good deed that makes someone else's day, without expecting anything in return

## Travel & Transport

- Expose yourself to different belief systems & ways of treating our planet (good & bad), contrast challenges & changes you
- Support sustainable tourism while traveling
- Volunteer while traveling
- Carbon offset your travel
- Ask where you are staying for recycling options
- Fly less, walk instead of driving and take public transport where possible

## Food

- Purchase locally grown food where possible
- Say no to products that use palm oil
- Choose a plant based diet... the leading cause 'by far' of deforestation in the Amazon Rainforest is cattle ranching
- Use reusable bags when grocery shopping
- Say no to using the small plastic bags at the store for fresh produce

## Consumption

- Recycle what you do use
- Say no to plastic straws at restaurants (500 million are used every day in the US alone)
- If you forget and they give you a straw without asking you first, give feedback to restaurant about changing their policy
- Purchase products that are cruelty free
- Take and use a reusable water bottle everywhere you go
- Choose products that use no or minimal plastic
- Live a minimalist lifestyle... start by selling or donating the things you don't use
- Stop (or reduce) watching TV and be conscious of time online to help you personally determine your consumer behaviour