<table>
<thead>
<tr>
<th>Start a Gratitude Journal</th>
<th>Go completely plant-based for 1 whole day</th>
<th>Swap 1 meal for a plant-based version</th>
<th>Avoid any processed foods for 1 whole day</th>
<th>Eat a USDA Organic labelled food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Take a 1 hour digital device break</td>
<td>Watch &quot;The Game Changers&quot;</td>
<td>Eat a Non-GMO Project Verified food</td>
<td>Eat a local fruit</td>
<td>Drink more water</td>
</tr>
<tr>
<td>Drink a green juice or smoothie</td>
<td>Wake up 1 hour earlier than usual</td>
<td>Clean out your pantry</td>
<td>Find out what the EWG &quot;Dirty Dozen&quot; is</td>
<td>Try a new plant-based dish</td>
</tr>
<tr>
<td>Set a reminder to take a deep cleansing breath everyday</td>
<td>Eat 100% local foods for 1 whole day</td>
<td>Try something new!</td>
<td>Cook 1 plant-based meal</td>
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</tr>
<tr>
<td>Share online 3 things you're grateful for</td>
<td>Eat more plants!</td>
<td>Eat 100% organic for 1 whole day</td>
<td>Go to sleep 1 hour earlier than usual</td>
<td>On 1 grocery run, buy all local produce</td>
</tr>
<tr>
<td>Call (don't text!) a friend or family member</td>
<td>Watch &quot;Forks over Knives&quot;</td>
<td>Follow a local farmer or food producer on social media</td>
<td>Spend a whole day outside</td>
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Get more inspiration at d2e.co/2021refresh

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