

SUSTAINABLE LIVING GOALS

Daily actions you can do to contribute
towards the SDGs and for living a
more sustainable life.



slast.co.uk/slgs | sdgs.un.org | [#SLGs](https://twitter.com/SLGs)

SUSTAINABLE LIVING GOALS



SLG 1:
SHARE

Can you give, share or
donate something today?

SUSTAINABLE LIVING GOALS



SLG 2:
FOOD

Have you eaten healthy,
nutritious meals today?

SUSTAINABLE LIVING GOALS



SLG 3:
WELLNESS

Have you completed one
hour of exercise today?

SUSTAINABLE LIVING GOALS



SLG 4:
EDUCATION

Have you spent time
learning today?

SUSTAINABLE LIVING GOALS



SLG 5:
RESPECT

Did you treat people with
respect today?

SUSTAINABLE LIVING GOALS



SLG 6:
WATER

Did you reduce your water
usage today?

SUSTAINABLE LIVING GOALS



SLG 7:
ENERGY

Did you save on energy
usage today?

SUSTAINABLE LIVING GOALS



SLG 8:
ECONOMY

Did you shop locally
today?

SUSTAINABLE LIVING GOALS



SLG 9:
THINK

Did you make your life
better or easier today?

SUSTAINABLE LIVING GOALS



SLG 10:
FAIRNESS

Did you buy from fair trade
sources today?

SUSTAINABLE LIVING GOALS



SLG 11:
TRANSPORT

Can you travel sustainably
today?

SUSTAINABLE LIVING GOALS



SLG 12:
RECYCLE

Can you recycle or reuse
your waste today?

SUSTAINABLE LIVING GOALS



SLG 13:
IMPACT

Can you go meat-free
today?

SUSTAINABLE LIVING GOALS



SLG 14:
PLASTICS

Can you go plastic-free
today?

SUSTAINABLE LIVING GOALS



SLG 15:
NATURE

Did you spend time
outside today?

SUSTAINABLE LIVING GOALS



SLG 16:
PEACE

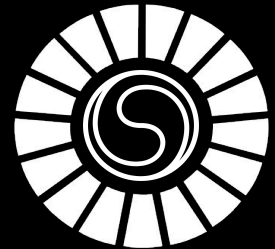
Did you make someone
happy today?

SUSTAINABLE LIVING GOALS



SLG 17:
TOGETHER

Did you work positively
with others today?





What are the SDGs?

Our planet now faces massive economic, social and environmental challenges. To combat these, the Sustainable Development Goals (SDGs) define global priorities and aspirations for 2030.

The Global Goals, adopted by the United Nations in 2015 are a universal call to action to end poverty, protect the planet, and ensure that by 2030 all people will enjoy peace and prosperity.

Governments worldwide are already tackling these goals and now it's time for people to take action.





What are the SLGs?

The **SLGs** (Sustainable Living Goals) are daily actions you can do to contribute towards achieving the SDGs and for living a more sustainable life.

Each goal has an 'easy to do' task attached, ensuring every action is simple enough for large numbers of people to take part and achieve.

The **SLGs** are inspired by the UN's **Sustainable Development Goals** and the **Good Life Goals** created by Futerra, with the intention of turning those goals into daily actions that we can all do.





The purpose of the SLGs

The **SLGs** were created by **Steve Last**, Sustainable Living Advocate and Chartered Environmentalist, as a way to not only help spread the message about the SDGs, but also to understand how we contribute towards achieving the goals.

“My aim for the SLGs is to provide people with easy, everyday tasks for each goal that you can do to not only contribute towards the global goals but also to enhance your life by living more sustainably.”

Steve Last CEnv MISEP

Chartered Environmentalist



Sustainable Living Goals

Daily Action Plan



Can you give, share or donate something today?



Have you eaten healthy, nutritious meals today?



Have you completed one hour of exercise today?



Have you spent time learning today?



Did you treat people with respect today?



Did you reduce your water usage today?



Did you save on energy usage today?



Did you shop locally today?



Did you make your life easier or better today?



Did you buy from fair trade sources today?



Can you travel sustainably today?



Can you recycle or reuse your waste today?



Can you go meat-free today?



Can you go plastic-free today?



Did you spend time outside today?



Did you make someone happy today?



Did you work positively with others today?



Total Score Today: /17



SLG 1:

SHARE

**Can you give, share or
donate something today?**

SUSTAINABLE LIVING GOALS



Examples:

Give old clothes, share food, or donate money.

About SDG 1: NO POVERTY

End poverty in all its forms everywhere.



SLG 2: FOOD

**Have you eaten healthy,
nutritious meals today?**

SUSTAINABLE LIVING GOALS



Examples:

Eat natural, whole foods, and plenty of veggies.

About SDG 2: ZERO HUNGER

End hunger, achieve food security and improved nutrition, and promote sustainable agriculture.



SLG 3:

WELLNESS

**Have you completed one
hour of exercise today?**

SUSTAINABLE LIVING GOALS

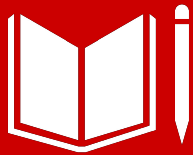


Examples:

Walking, running, gymming, and swimming.

About SDG 3: GOOD HEALTH & WELLBEING

Ensure healthy lives and promote wellbeing for all.



SLG 4:

EDUCATION

**Have you spent time
learning today?**

SUSTAINABLE LIVING GOALS



Examples:

Read a book, study a course, and learn new skills.

About SDG 4: QUALITY EDUCATION

Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.



SLG 5:

RESPECT

**Did you treat people with
respect today?**

SUSTAINABLE LIVING GOALS



Example:

Treat others how you would like to be treated.

About SDG 5: GENDER EQUALITY

Achieve gender equality and empower all women and girls.



SLG 6:

WATER

**Did you reduce your
water usage today?**

SUSTAINABLE LIVING GOALS

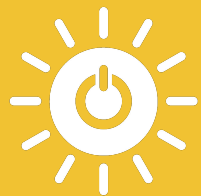


Examples:

Use less water when brushing, washing, and cleaning.

About SDG 6: CLEAN WATER & SANITATION

Ensure availability and sustainable management of water and sanitation for all.



SLG 7:

ENERGY

**Did you save on energy
usage today?**

SUSTAINABLE LIVING GOALS



Examples:

Turn off lighting and appliances when not in use.

About SDG 7: AFFORDABLE, CLEAN ENERGY

Ensure access to affordable, reliable, sustainable, and modern energy for all.



SLG 8:

ECONOMY

**Did you shop locally
today?**

SUSTAINABLE LIVING GOALS



Examples:

Buy from local suppliers rather than a supermarket.

About SDG 8: DECENT WORK & GROWTH

Promote inclusive and sustainable economic growth, employment, and decent work for all.



SLG 9:

THINK

**Did you make your life
better or easier today?**

SUSTAINABLE LIVING GOALS

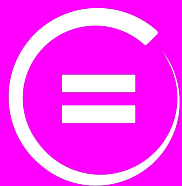


Example:

Completed the 17 Sustainable Living Goals today.

About SDG 9: INNOVATION & INDUSTRY

Build resilient infrastructure, promote inclusive and sustainable industrialisation, and foster innovation.



SLG 10:

FAIRNESS

Did you buy from fair trade sources today?

SUSTAINABLE LIVING GOALS



Example:

Look for the Fair Trade symbol on what you buy.

About SDG 10: REDUCED INEQUALITIES

Reduce inequality within and among countries to promote equitable opportunities for all.



SLG 11:

TRANSPORT

**Can you travel
sustainably today?**

SUSTAINABLE LIVING GOALS



Examples:

Choose train, bus, bike, or walk instead of a car.

About SDG 11: SUSTAINABLE CITIES

Aim to make cities and human settlements inclusive, safe, resilient, and sustainable.



SLG 12:

RECYCLE

**Can you recycle or reuse
your waste today?**

SUSTAINABLE LIVING GOALS



Examples:

Dispose of waste correctly or find new uses for it

About SDG 12: CONSUME RESPONSIBLY

Ensure sustainable consumption and production patterns to minimise waste and resource use.



SLG 13: IMPACT

**Can you go meat-free
today?**

SUSTAINABLE LIVING GOALS

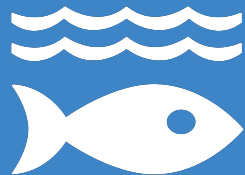


Examples:

Choose vegetarian and vegan alternatives.

About SDG 13: CLIMATE ACTION

Combat climate change and its impacts by promoting resilience and adaptive measures.



SLG 14:

PLASTICS

**Can you go plastic-free
today?**

SUSTAINABLE LIVING GOALS



Examples:

Use reusable bottles, coffee cups, and carry bags.

About SDG 14: LIFE BELOW WATER

Conserve and sustainably use oceans, seas, and marine resources for sustainable development.



SLG 15:

NATURE

**Did you spend time
outside today?**

SUSTAINABLE LIVING GOALS



Example:

A mindful walk around the park for 10 minutes.

About SDG 15: LIFE ON LAND

Protect, restore, and promote sustainable use of ecosystems on land, manage forests sustainably, combat desertification, and halt biodiversity loss.



SLG 16:

PEACE

**Did you make someone
happy today?**

SUSTAINABLE LIVING GOALS



Example:

You helped someone in need or made them smile.

About SDG 16: PEACE AND JUSTICE

Peace, justice, and strong institutions for sustainable development.



SLG 17:

TOGETHER

**Did you work positively
with others today?**

SUSTAINABLE LIVING GOALS



Example:

Working together towards a common goal.

About SDG 17: PARTNERSHIPS

Revitalise the global partnership for sustainable development.