

- 1** .Reduce your energy consumption by opting for renewable sources whenever possible.
- 2** .Review and enhance the energy efficiency of your home, from insulation to appliances
- 3** .Rehabilitate and repurpose items before discarding them, promoting a circular economy
- 4** .Review and adjust your water consumption, implementing measures to conserve this vital resource
- 5** .Reforest local areas or participate in tree-planting programs to combat deforestation
- 6** .Replace traditional light bulbs with more efficient, low-consumption lighting options
- 7** .Refuse single-use products and choose reusable alternatives
- 8** .Refill your own water bottles and use reusable containers instead of disposable packaging
- 9** .Resist the temptation of products with excessive packaging and opt for options with less wrapping
- 10** .Recycle regularly to reduce waste and the demand for new resources

