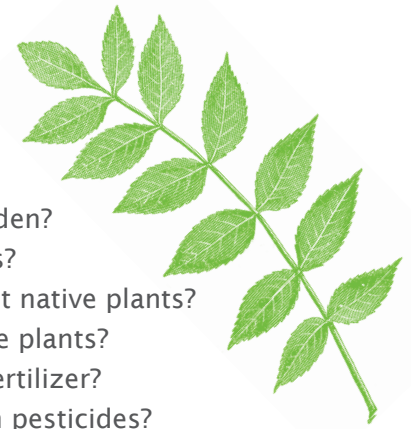


Gorgeously Green Lifestyle Checklist



Your Beauty

- Do you know what the ingredients are in your cosmetics?
- Do you ever read the labels on your lotions and creams?
- Do you know what is in your nail polish?
- Do you use drugstore hair dye?
- Do you buy your products from a department store?
- Do you believe labels that say "natural" or "organic"?

Your Home

- Do you know what energy-efficient appliances are?
- Do you buy energy-efficient appliances?
- Do you know what compact fluorescent lightbulbs (CFLs) are?
- Do you buy CFLs?
- Do you purchase paper items made from recycled or postconsumer material?
- Have you ever cleaned your refrigerator coils?
- Do you shut things off when not using them?
- Do you unplug appliances and chargers when not using them?
- Is your thermostat set at 68 degrees Fahrenheit or lower?
- Is your air conditioner set at 78 degrees Fahrenheit or higher?
- Is your water heater wrapped?
- Do you use space heaters?
- Do you purchase green energy?
- Do you use your washer/dryer almost every day?
- Do you ever air-dry your clothes?
- Do you take your clothes to a regular dry cleaner?
- Do you have low-flow toilets and showers?
- Do you use recycled trash bags?
- Are you aware of how many bags of trash you generate weekly?
- Do you use toxic cleaners in your home?
- Do you chuck used batteries in the trash?
- Do you know what volatile organic compounds (VOCs) are?
- Are VOCs in your home?
- Have you ever visited a hazardous waste facility?
- Do you have green houseplants in your home?
- Do all members of your family try to conserve water?

Your Yard

- Do you have a garden?
- Do you grow herbs?
- Do you know about native plants?
- Do you grow native plants?
- Do you use lawn fertilizer?
- Do you use garden pesticides?
- Is your garden organic?
- Do you irrigate your lawn every day?
- Do you hose your driveway to clean it off?

Your Ride

- Do you drive an energy-efficient car?
- If not, are you considering purchasing one?
- Do you ever carpool?
- Do you use a reusable mug?
- Do you drive to the store every day?
- Do you own a bicycle?
- When you change your oil, do you recycle it?
- Do you check your tire pressure once a week?
- Do you wash your car at home?

Your Shopping

- Do you buy organic cotton clothes or bed linens?
- Do you buy clothes not made with sweatshop labor?
- Do you try to eat locally grown food?
- Do you eat organic food?
- Do you try to buy things with less packaging?
- Do you shop at farmer's markets?
- Do you buy from small, local stores?
- Do you avoid factory-farmed meats?
- Do you buy organic produce?
- Do you buy Fair Trade items?
- Do you purchase genetically modified organism-free (GMO) food?
- Do you purchase antibiotic- and hormone-free dairy?

Your Desires

- Do you wish to become healthier?
- Do you want to become more vibrant?
- Do you want to live according to your deepest values?
- Do you want to feel exhilarated?
- Are you ready to become *Gorgeously Green*?

