



FREE Green Living Checklist: 15 Easy Steps to a More Sustainable Home

Take the first step towards a greener lifestyle with these simple, actionable tips. Track your progress and explore exclusive offers and blogs to help you on your journey! 🌱

1. Reduce Single-Use Plastics

- ☐ Carry a reusable water bottle – Try the Refresh Water Bottle, now available for £24.99 (originally £40.00)! [Shop Now](#)
- ☐ Use beeswax wraps instead of plastic wrap – Explore our blog: [5 Simple Swaps for a Greener Home](#)
- ☐ Replace plastic grocery bags with reusable ones

2. Conserve Energy

- ☐ Swap incandescent bulbs for LED lights – Save energy and reduce your carbon footprint.
- ☐ Unplug electronics when not in use – Learn more in our blog: [Green Lifestyle Hacks: Sustainability Without the Extra Cost](#)
- ☐ Use a smart thermostat to optimize heating and cooling

3. Cut Down on Waste

- ☐ Compost food scraps and yard waste – Discover how to start composting in our blog: [Eco-Friendly Habits for Beginners](#)
- ☐ Opt for digital receipts instead of paper
- ☐ Reuse glass jars for storage and DIY projects – Check out our DIY ideas in the blog: [Creative Ways to Upcycle Everyday Items](#)

4. Make Your Home Eco-Friendly

- ☐ Switch to non-toxic, natural cleaners – Download our FREE guide: [Eco-Friendly Cleaning Solutions](#)
- ☐ Improve insulation to reduce heating costs
- ☐ Air-dry laundry instead of using a tumble dryer

5. Embrace Sustainable Shopping

- ☐ Buy second-hand or upcycled furniture – Learn how to style thrifted finds in our blog: [Sustainable Home Decor on a Budget](#)
- ☐ Choose organic, locally sourced food
- ☐ Support eco-friendly brands like Adam's Selection – Shop sustainably at [Adam's Selection](#)



Bonus Tips for a Greener Lifestyle

- **Join Our Newsletter:** Get exclusive tips, offers, and updates on our latest blogs and products. [Subscribe Now](#)
- **Share Your Journey:** Inspire your friends and family to make sustainable swaps by sharing your progress.

Why Choose Adam's Selection?

We're committed to making sustainability accessible and affordable. From the **Refresh Water Bottle** to our eco-friendly packaging, every product is designed with the planet in mind.

Start Small. Make Progress. Live Sustainably.

Download and print this checklist to track your sustainable living journey! Don't forget to explore our blogs and shop eco-friendly products to make every step count. 🌍 ✨