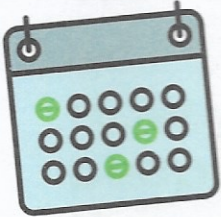


Make 2021 a GREAT (green) year with our special pull out

POSITIVITY PLANNER



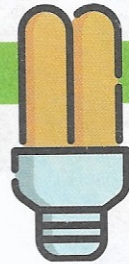
Let's face it, 2020 was a rough ride. But with every New Year comes new opportunity.

Make 2021 a year to remember. Tear out this page and plonk it on your fridge, then tick the box next to each month's pledge as you complete it.



■ January

Start the year positively. Write down (so you don't forget!) three little, personal pledges you are definitely going to achieve this year.





■ February

Sign up to take part in our *Walk for Water* challenge!



The challenge is simple: 10,000 steps every day for 40 days. Get sponsored and get walking – and make a massive difference in the fight against water poverty.

Find out more at cafod.org.uk/walk

Bonus pledge: get five people to sponsor your *Walk for Water* challenge (or better yet, get them to take part too!)

■ March

Complete the *Walk for Water* challenge and fill in the gaps below.

I walked a distance of _____

and raised a total of £ _____
to help give the boot to water poverty.

Bonus pledge: take a photo of the above and post it to social media, tagging @CAFOD and #walkforwater



■ April

Easter's here, the Lord is risen and spring is on the way! It's time to shake off your winter blues and enjoy the blooming daffodils. This month's pledge is easy: find an Easter prayer at cafod.org.uk/pray and share it with your friends and family.

■ May

Write down three reasons you are thankful.

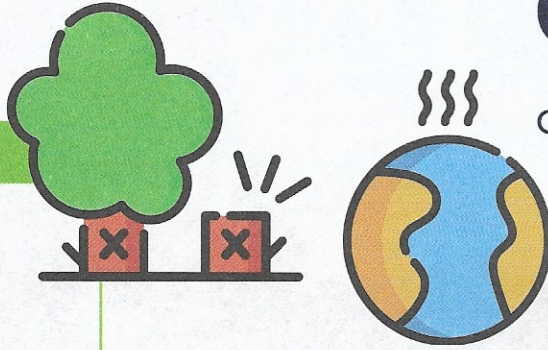


Bonus pledge: Visit cafod.org.uk/give-in-celebration to donate in thanksgiving.

■ June

This summer Britain will be hosting some of the most powerful world leaders at the annual G7 summit. We can all play our part in making sure that the UK uses this moment to show global leadership in the fight against poverty and injustice. Find out what you can do by signing up to our monthly campaigning newsletter at cafod.org.uk/actionnews





July

The climate crisis has not gone away. We continue to stand with vulnerable communities who have contributed the least to climate change but are affected the most. Any solutions must include protections for the most vulnerable people and restore our planet for future generations. Visit cafod.co.uk/climate and sign our petition to hold the Government to account.

August

Summer is here! Your challenge this month is to get outside and enjoy nature in all its glory. Set aside a few minutes each day to appreciate the trees, the leaves, the birds and the bees. Take the time to give thanks for the wonders of Creation.



September

Most young people head back to school this month, but you're never too old to learn something new. Visit our blog to read stories from your sisters and brothers around the world at blog.cafod.org.uk

Bonus pledge: let us know how you feel. We love getting feedback on stories. Write to us at cafod@cafod.org.uk or get in touch with @CAFOD on social media

October

Every Harvest we stand with families around the world and offer practical help and support so that they can thrive. Find out how to get involved with *Family Fast Day* this Harvest at cafod.org.uk/fastday



November

This November sees the delayed UN Climate Summit, COP26, arrive in Glasgow – a brilliant opportunity to make our voices heard in the fight against climate change. Write down three little ways you'll help live a cleaner, greener life from now on.

Bonus pledge: speak to your family and friends about climate change – the more chatter there is, the better!



December

Buy a loved one a unique present from *World Gifts*. Every gift supports people in hard-to-reach communities with love and hope. Is there a greater gift than that? cafod.org.uk/worldgifts

Bonus pledge: have a wonderful, relaxing Christmas holiday. With your year of pledges, you've definitely earned it!

