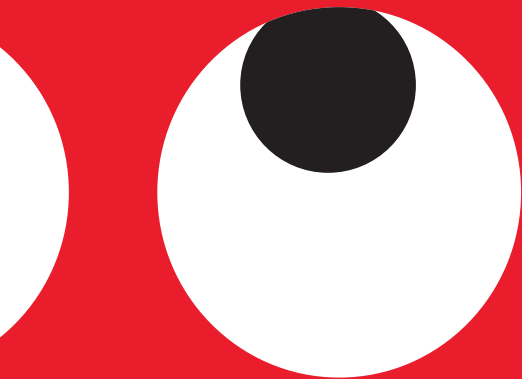


GOODLIFE
GOALS



“For the goals to be reached, everyone needs to do their part: governments, the private sector, civil society and **people like you.**”

–The United Nations

The Sustainable Development Goals are the blueprint for a better future. And together we can reach them.

By following the Good Life Goals we can all help make tomorrow better than today. Let’s do this!

#GoodLifeGoals

**GOODLIFE
GOALS
PARTNERS**

F U T E R R A®



1 HELP END POVERTY

GOODLIFE GOALS



HELP END POVERTY

Actions

1

1
Learn the causes of poverty at home and abroad

2
Share and donate what you can

3
Buy from companies that pay people fairly

4
Save, borrow and invest responsibly

5
Demand decent wages and opportunities for all

1 NO POVERTY



End poverty in all its forms everywhere.

SUSTAINABLE DEVELOPMENT GOALS

2 EAT BETTER

GOODLIFE GOALS



EAT BETTER Actions

2

1
Learn how we farm, fish and make our food

2
Enjoy more fruits and vegetables

3
Buy local, seasonal and fairly traded food

4
Help children, elderly people and pregnant women to eat well

5
Demand an end to global hunger

2
ZERO HUNGER



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

SUSTAINABLE DEVELOPMENT GOALS

3 STAY WELL

GOOD LIFE GOALS



STAY WELL Actions

3

1
Learn about, and share, ways to stay healthy

4
Value mental health and well-being

2
Wash your hands and exercise regularly

5
Demand medical care and vaccinations for all

3
Stay safe on or near roads

3 GOOD HEALTH AND WELL-BEING



Ensure healthy lives and promote well-being for all at all ages.

SUSTAINABLE DEVELOPMENT GOALS

4 LEARN AND TEACH

GOODLIFE GOALS



LEARN AND TEACH

Actions

4

1
Keep learning throughout life

2
Teach kids kindness

3
Help girls and boys stay in school

4
Support teachers and keep schools open

5
Defend everyone's right to an education

4 QUALITY EDUCATION



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

SUSTAINABLE DEVELOPMENT GOALS

5 TREAT EVERYONE EQUALLY

GOOD LIFE GOALS



TREAT EVERYONE EQUALLY

Actions

5

1

Learn and share ways to end sexism

4

Defend women's reproductive rights

2

Raise kids to expect equality

5

Oppose violence against women and girls

3

Respect the men and women who care for families

5 GENDER EQUALITY

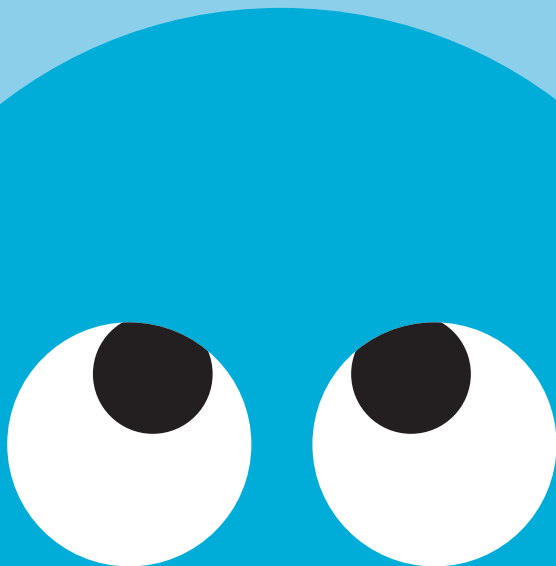


Achieve gender equality and empower all women and girls.

SUSTAINABLE DEVELOPMENT GOALS

6 SAVE WATER

GOODLIFE GOALS



SAVE WATER Actions

6

- 1 **Learn why clean water matters**
- 2 **Don't flush any trash or toxic chemicals**
- 3 **Report and fix leaks – big or small**
- 4 **Save water when brushing your teeth, washing and cleaning**
- 5 **Defend people's right to clean water and a toilet**

6 CLEAN WATER AND SANITATION



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

SUSTAINABLE DEVELOPMENT GOALS

7 USE CLEAN ENERGY

GOODLIFE GOALS



USE CLEAN ENERGY Actions

7

1
Find out where your energy comes from

2
Save energy wherever you can

3
Use renewable energy for heat, light and power

4
Buy from companies powered by renewable energy

5
Demand clean, affordable energy for everyone

7 AFFORDABLE AND CLEAN ENERGY



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

SUSTAINABLE DEVELOPMENT GOALS

8 DO GOOD WORK

GOODLIFE GOALS



DO GOOD WORK Actions

8

1
**Learn family
finance skills**

2
**Demand
safe working
conditions**

3
**Check no-one
was exploited
to make what
you buy**

4
**Support local
businesses at
home and
abroad**

5
**Stand up
for everyone's
rights at work**

8 DECENT WORK AND
ECONOMIC GROWTH



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

SUSTAINABLE
DEVELOPMENT
GOALS

9 MAKE SMART CHOICES

GOODLIFE GOALS



MAKE SMART CHOICES

Actions

9

1

Learn about plans for progress in your country

4

Welcome innovations that make the world a better place

2

Stay smart and kind online

5

Demand the benefits from progress are shared

3

Support construction that benefits people and protects the planet

9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



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

SUSTAINABLE DEVELOPMENT GOALS

10 BE FAIR

GOODLIFE GOALS



BE FAIR Actions

10

1 Stay open-minded, listen and learn from others

2 Support leaders who reduce inequality

3 Protect and welcome the vulnerable

4 Buy from companies that pay tax and treat people fairly

5 Stand up for your rights, and the rights of others

10 REDUCED INEQUALITIES



Reduce inequality within and among countries.

SUSTAINABLE DEVELOPMENT GOALS

11 LOVE WHERE YOU LIVE

GOOD LIFE GOALS



LOVE WHERE YOU LIVE

Actions

11

1
Learn about, and take part in, local decisions

4
Protect local trees, wildlife and natural areas

2
Prepare for emergencies

5
Demand safe and good quality public transport

3
Get to know your neighbours and welcome new people

11 SUSTAINABLE CITIES AND COMMUNITIES



Make cities and human settlements inclusive, safe, resilient and sustainable.

SUSTAINABLE DEVELOPMENT GOALS

12 LIVE BETTER

GOODLIFE GOALS



LIVE BETTER Actions

12

1
Learn about sustainable development

2
Reuse, repair, recycle, share and borrow

3
Waste less food and use leftovers

4
Collect friends and experiences, not just things

5
Demand that businesses respect people and planet

12 RESPONSIBLE CONSUMPTION AND PRODUCTION



Ensure sustainable consumption and production patterns.

SUSTAINABLE DEVELOPMENT GOALS

13 ACT ON CLIMATE

GOODLIFE GOALS



ACT ON CLIMATE Actions

13

- 1**
Learn about climate solutions
- 2**
Call for more renewable energy in your country
- 3**
Eat more plants and cut down on meat
- 4**
Walk and cycle rather than drive
- 5**
Demand leaders take bold climate action today

13 CLIMATE ACTION



Take urgent action to combat climate change and its impacts.

SUSTAINABLE DEVELOPMENT GOALS

14 CLEAN THE SEAS

GOODLIFE GOALS



CLEAN THE SEAS Actions

14

1
Learn about life in our seas and oceans

2
Remember that litter ends up in the water

3
Say no to unnecessary plastic

4
Buy sustainable fish and seafood

5
Demand leaders end ocean pollution

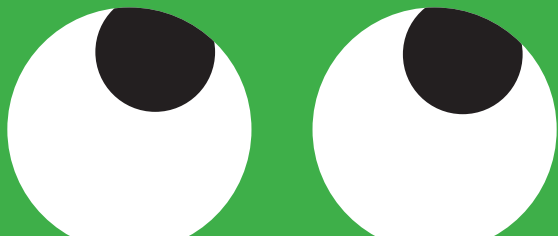


Conserve and sustainably use the oceans, seas and marine resources for sustainable development.

SUSTAINABLE DEVELOPMENT GOALS

15 LOVE NATURE

GOODLIFE GOALS



LOVE NATURE Actions

15

1
Discover the wonders of the natural world

2
Protect native plants and animals

3
Never buy products made from endangered wildlife

4
Support companies that protect and restore nature

5
Speak up for threatened forests and natural places

15 LIFE ON LAND



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

SUSTAINABLE DEVELOPMENT GOALS

16 MAKE PEACE

GOODLIFE
GOALS



16

1
Learn about and use your rights

2
Be kind and tolerant

3
Resist corruption and abuse of power

4
Support the institutions that support people

5
Stand up for fairness and peace

16 PEACE, JUSTICE AND STRONG INSTITUTIONS

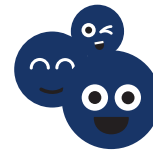
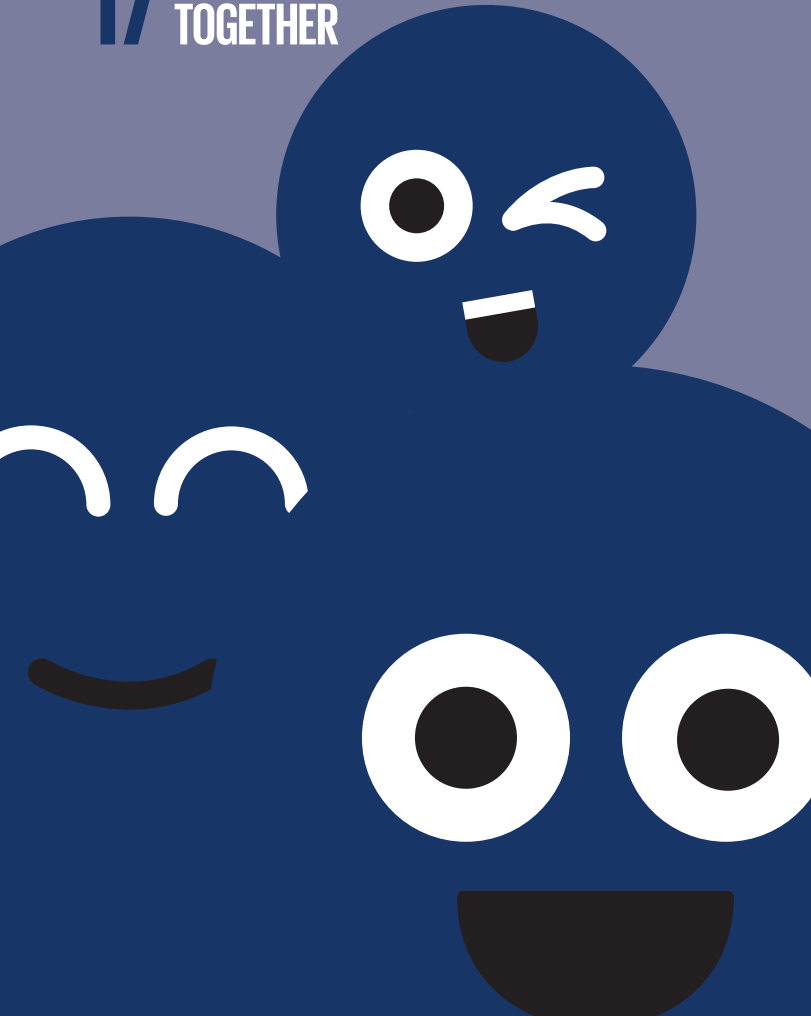


Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels.

SUSTAINABLE
DEVELOPMENT
GOALS

17 COME TOGETHER

GOODLIFE GOALS



COME TOGETHER

Actions

17

1
Discover and share the Sustainable Development Goals

2
Support those who bring us together

3
Celebrate the progress we've already made

4
Get involved and volunteer in your community

5
Help make tomorrow better than today

17 PARTNERSHIPS FOR THE GOALS



Strengthen the means of implementation and revitalize the global partnership for sustainable development.

SUSTAINABLE DEVELOPMENT GOALS

**BE THE
CHANGE**

