

MODULE 1. FROM FAST FASHION TO SUSTAINABLE FASHION



EXERCISE 9.



REFLECTION – HOW CAN I CHANGE MY HABITS?

The aim of the exercise is to introduce personal changes in your approach to fashion and reduce fast fashion purchases.

Write down **specific steps you can take to limit fast fashion purchases.**

Use the guiding questions:



What motivates me most to buy new clothes?



What clothes have I bought in the last 6 months – which ones were actually necessary?



What alternatives to chain shopping can I introduce? (e.g. second-hand, clothes swap, minimalism in the wardrobe)

Prepare your 3-month change plan, outlining specific steps, such as:

- I haven't bought new clothes for 3 months.
- I'm reviewing my wardrobe and planning outfits from what I have.
- I find a local second-hand store and visit that instead of the mall.
- I'm arranging a clothes swap with some friends.
- Keep a reflection journal



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HABIT TRACKING CHART

DATA	ACTION	PROGRESS (1-10)	COMMENTS



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