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1. Steps that I can take to help with to push back my personal Earth Overshoot Date would be the Nurturing Nature, Streamline My Wardrobe, Beefing up my Plant Based Diet, Joining the Move The Date Movement, and Tackling Food Waste.
2. The biggest thing I can think of to help with is to use more natural light and less of my overhead light, as well as what I mentioned before about eating less meat and following the movement.

