



Self-Assessment Quiz

Know yourself. Grow yourself.

Answer the following questions honestly. This quiz is not about being perfect — it's about becoming aware of your habits so you can make positive changes, one step at a time.

RECYCLING HABITS

How often do you separate your waste (paper, plastic, glass, etc.) for recycling?

- ☐ ALWAYS
- ☐ MOST OF THE TIME
- ☐ OCCASIONALLY
- ☐ RARELY OR NEVER

Do you know what materials are accepted by your local recycling program or station?

- ☐ Yes, and I follow any updates or changes closely.
- ☐ I have a general idea.
- ☐ I'm unsure.
- ☐ No, I don't really check.

Do you rinse or clean recyclables (like food containers) before placing them in the bin?

- ☐ ALWAYS
- ☐ MOST OF THE TIME
- ☐ OCCASIONALLY
- ☐ I DIDN'T KNOW IT MATTERED





Self-Assessment Quiz

REUSING & REPURPOSING

When you finish using an item, how often do you try to repurpose or donate it instead of throwing it away?

- ☐ VERY OFTEN
- ☐ SOMETIMES
- ☐ RARELY
- ☐ NEVER

How often do you use reusable bags, bottles, or containers instead of disposable ones?

- ☐ DAILY
- ☐ A FEW TIMES A WEEK
- ☐ OCCASIONALLY
- ☐ ALMOST NEVER

Do you repair things (like clothes, electronics, or furniture) instead of replacing them?

- ☐ As much as possible
- ☐ Occasionally, if it's easy enough
- ☐ I usually just replace them
- ☐ I don't really think about repairing



Self-Assessment Quiz

SINGLE-USE PRODUCT AWARENESS

How frequently do you buy single-use items (e.g., plastic cutlery, water bottles, packaging)?

- ☐ ALMOST NEVER
- ☐ ONLY WHEN ABSOLUTELY NECESSARY
- ☐ SOMETIMES
- ☐ REGULARLY

Do you actively look for products with minimal or eco-friendly packaging when shopping?

- ☐ ALWAYS
- ☐ OFTEN
- ☐ NOT USUALLY
- ☐ I HAVEN'T THOUGHT ABOUT IT

Do you turn down disposable items (e.g., straws, napkins, plastic bags) when they're offered by default?

- ☐ YES, AS MUCH AS I CAN
- ☐ SOMETIMES
- ☐ NOT REALLY
- ☐ I USUALLY JUST ACCEPT THEM

Take a moment to look over your answers. What did you notice?

No guilt here — just growth. Every small habit matters, and the more aware you are, the more empowered you are to make meaningful choices.

