

Achieve your New Year's Resolutions the 4ocean way.



Check out our ideas on how to make 2019 the best year ever for yourself—and the ocean.



10

A plastic-free world

Reduce the amount of plastic entering the ocean by switching to a reusable bottle. Just one bottle can prevent around 156 bottles from entering the ocean every year.

9

Get outside more

It's easier to get outdoors when you have a reason to be out there! Enjoy and protect nature at the same time. Join a 4ocean Community Cleanup or host one of your own.



8

Recycle more

Choosing products made from recycled materials gives them value. Our bracelets are made from recycled plastic and glass we've removed from the ocean.



7

Make a difference in someone's life

Even small actions can have a huge impact. Discover how cleaning the ocean is making a difference in the lives of thousands and how you can help.



6

Get healthier

Giving up soda or smoking will make you—and the ocean—healthier! Soda bottles, bottle caps and cigarette butts are some of those common types of plastic we find on the beach. Visit your nearest nature center to see how your bad habits impact the environment firsthand!



GET STARTED

5

Meet new people

Every new relationship starts with a good conversation. Our bracelets can help you share your love for the ocean with everyone you meet.



4

Get educated

Learning new things improves our confidence, gives us power, improves our mental health, and makes us more interesting companions. Get a new bracelet and monthly updates on ecosystems and wildlife impacted by ocean plastic pollution.



3

Practice mindfulness

Mindfulness means becoming more aware of where you are and what you're doing in a given moment. Use this one to become aware of ocean plastic pollution, what we're doing to stop it at its source, and how you can help.



2

Find a new hobby

A new hobby can build confidence, develop a skill, reduce stress, and even change the world. Make cleaning the ocean your new hobby and start collecting 4ocean bracelets. You can get a head start with the Clean Ocean Collection.



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Live life to the fullest

We're on a mission to end the world's ocean plastic pollution crisis. The New Year's Resolution you make today can help us create a better future for the ocean tomorrow.

