



## What Is Your Lifestyle?

Who manufactured your car? Who built your computer? What credit card do you use? Whose name is printed on your running shoes? I'll bet you know the answer to these questions. These brand names are often associated with fun, power, style, ruggedness and success to name a few.

So what is your lifestyle brand? You're going to work, taking care of the kids, paying the bills and pretending to listen when your spouse talks to you. Are you doing something fun every day? Are you doing things that positively benefit your health? Are you developing meaningful routines to last a lifetime? Do you feel in control and at peace? Can you sum up your lifestyle in a sentence or two?

The things that seem to bring meaning and focus to many people's lives are often found in nature. Why is nature so important to most people that they often have pictures or paintings at work and at home of mountains, waterfalls, birds, butterflies and lush greenery? Do pictures take the place of nature? **Absolutely NOT!**

Are you spending at least a little time outdoors in nature everyday? Being out on the golf course or walking a paved road or sidewalk does not count. Why would you confuse heavily maintained turf and manmade materials with nature? There are many studies of the positive benefits to spending time immersed in nature for children and adults.

Do you define part of who you are as concerned about global warming, interested in a green lifestyle, an avid recycler, and a person who wants to make a difference? Living your lifestyle brand has benefits for you and the environment.

At my own property we have an outdoor brick oven that we use almost daily during the summer, quiet places to reflect, trails for walking, an outdoor shower for warm weather use and even a place for a few laying hens for fresh eggs! Our property also provides some easy to harvest foods, firewood to heat our home and places to relax at the end of work. Why go on vacation, when every day can be one?! Not only do we achieve the kind of lifestyle that many people

dream about, but there are also financial rewards. We save hundreds of dollars a year just in gas for the car because we are not running to the store for every little thing or going out to eat as much.

Things that can be added right to your own property to help you achieve your lifestyle might include:

- Trees, shrubs and other plants that provide homes for wildlife
- Features built into your property to use and conserve rainwater
- Easy to grow edible plants
- Places for unstructured play and observing nature for kids and adults
- Quite places on your property to rest and get away from it all
- Fun places to entertain friends and "eat out"

You get to decide. Is your lifestyle brand tattered and frayed by the stress of having to jump in the car and battling traffic for every thing that you want to do? Or will you choose to take advantage of what is right outside your door with all of the benefits of health, confidence and hassle free living?

Eco-Building & Forestry can help you achieve just the right lifestyle that nature makes possible. Give me a call and start rewarding yourself now with your lifestyle brand!