

Sustainable lifestyle



Sustainable living is the maintaining of one's life or lifestyle at a steady level without exhausting resources or causing damage to the environment. It is a lifestyle that assumes continuous economic growth without irreversibly damaging the environment. Sustainable living is also a lifestyle that reduces an individual's use of natural resource. Having a sustainable lifestyle brings about change especially in the society.

It provides us with the energy we need to be a positive force in the world. It is also about taking control of our own lives positively by getting what we need and to what we want, changing direction of the world and not destroying it, setting an intention that fosters and empowers the things we care about, which in the end gives us strength, clarity and purpose to live a better life. Living a sustainable lifestyle is more about common sense & making practical choices.

Because sustainable living is all about making choices in the modern world, it is easily accomplished by breaking down the requirements of living into the following categories: Shelter, Food, Water, Power, Transportation and Waste. These categories represent all the areas in which sustainable living choices can be made. When it comes to Shelter, smaller homes are preferable as it creates a more fulfilling sustainable lifestyle both Indoor and outdoor. Smaller homes need less utility payment because fewer materials went into its construction and therefore fewer materials are needed to maintain it.

There would be fewer belongings, less debt and greater freedom for those who choose it. As for food, reducing consumption is the starting point towards achieving a sustainable lifestyle. According to Victoria Klein, the

Author of 48 things to know about Sustainable living, " The mantra for sustainable living is: Reduce, Reuse and Recycling". This way, we have the capacity to endure, save time, spend money wisely, and reduce waste and electricity. We would also have the ability to simplify our everyday life.

One of the challenges of living a sustainable life is to find balance in our personal lives because for many people, sustainability is all about balance. To find balance in our world, we must find balance in ourselves and we begin by taking care of ourselves, then our families and environment. Sustainable living is very important in the world we live in because there is only a limited amount of natural sources on the earth and when it runs out, there would be none left.

For example, you don't need to take your car if you are not going somewhere far, you don't need to throw away your plastic bottles when you know it can still be used (by recycling), you don't need to waste electricity during the day when you know there is solar power (it is sustainable) available. Changing your lifestyle to be more sustainable offers opportunities to save more money, help increase the quality of home and possessions and contribute to a healthier style of living on the Earth.

Living sustainably means that whatever we do has the least impact, the least waste and is a cycle and means that can be repeated indefinitely without cumulative damage to the world. We need to eat the right foods, educate ourselves (know little of everything) and make friends. A sustainable life is one in which physical and spiritual health provides us with energy to affect positive change in our society. In order for us to live a sustainable life,

we need to find something positive that Inspires us. Positive reinforcement to the g things that inspire us would serve as a boost when maintain a sustainable lifestyle.