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| **Do Your Part to Live a Sustainable Life****Many folks wonder what they can do to save the planet. In fact, millions of like-minded individuals want to live a more sustainable life. There are dozens of additional ways to support the sustainable lifestyle, and many are easily adopted.**Sustainable living requires that you reduce your use of natural resources and replace what resources you do use. By altering your lifestyle, you can lessen your carbon footprint and environmental impact. Ultimately, the goal is to reverse climate change, ozone layer destruction, species extinction, and depletion of our natural resources.**Plan your shopping.** Avoiding food waste can save you hundreds of dollars each year while better utilizing existing food stocks. You can reduce waste by planning your meals, varying recipes to use up ingredients on hand, and storing food intelligently. Composting the leftover scraps is a smart way to reduce the amount of trash that gets sent to a landfill. When shopping, choose products that use minimal packaging, and prefer recyclable paper/cardboard packaging to plastics.**Make your next purchases fuel-efficient.** It might not make sense to rush out and trade in your current car as it takes many resources to manufacture a new vehicle. But when the time comes to replace the old clunker, you can save fuel costs and reduce your carbon footprint by purchasing an electric or hybrid model. You can also increase sustainability by looking for the Energy Star label when you buy big-ticket appliances like a washer, dryer, refrigerator, oven or air conditioner.**Protect wildlife by boycotting products that endanger it.** Avoid purchasing any product that has a profound impact on endangered plants or animals. Bear in mind that some products threaten species by destroying their habitat. In contrast, products like bamboo are sustainable and have minimal impact. Knowing which species are imperiled can help you avoid certain choices, such as Bluefin tuna, when you dine out. Stay on top of the latest food sustainability news by subscribing to reputable newsletters. Favor products that are Fair Trade Certified and/or organic.**Use water wisely.** Bottled water is best avoided, as all those plastic bottles are notoriously harmful and indestructible. Many municipalities have good-tasting water right from the faucet, and you can remove impurities through an inexpensive filter pitcher. Consider ways to reduce water waste, such as buying low-flow/low-water products, taking shorter showers, and fixing leaky fixtures. You can save a lot of water by xeriscaping your yard through the use of drought-resistant native plants that provide natural habitats and food for birds and bees.**Your financial stability can also benefit.** A nice side effect of living a more sustainable life could be more money in your bank account. Take advantage of this opportunity to potentially increase your financial stability and contact me so we can create a tailored financial plan for you.

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