



*“I am convinced, both by faith and experience,
that to maintain one's self on this earth
is not a hardship but a pastime,
if we will live simply and wisely.”*

~Henry David Thoreau, *WALDEN*

“A lady once offered me a mat, but as I had no room to spare within the house, nor time to spare within or without to shake it, I declined it preferring to wipe my feet on the sod before my door. It is best to avoid the beginnings of evil.”

Henry David Thoreau

Judith Ann Kirk

*Organizing
Resources*

PO Box 7080
Plainville, CT
06062

860-747-8962

Simply Green

Green living may be a fairly new concept for most of us, but to Henry David Thoreau, author of *Walden*, it was a way of life. As I continue to read Thoreau's thoughts, I understand how his journey to live simply in a one-room cabin on Walden Pond can easily be translated into green living — sustainable living. He neither used more than he needed nor disposed of anything of value. He didn't need bottled water nor wrapping paper. He didn't even need a mat at the doorway.

Thoreau, who was self-sufficient, reported the cost of building his cabin for \$28.12½. He stated, *“I give the details because very few are able to tell exactly what their houses cost.”* And, very few of us can tell where we spend our hard-earned dollars on a daily basis much less how much money we invest in our homes and furnishings. Thoreau was mindful of what he used and the ultimate impact on the environment. His thoughts and actions were simply green.

Going green is not only good for the environment, it saves money, as well. Here are a few ideas for living a lifestyle that lessens the impact on nature's resources:

- Buy household items, like detergent and cleaning supplies, in concentrated forms to get more product per package.
- Look for packaging made from recycled materials. Check the plastic code on the bottom to make sure it is recyclable.
- Avoid candles made from paraffin wax which is a byproduct of oil refining. According to Wicks Works, a candle retailer that sells beeswax, soy, and gel candles, soy candles last 50% longer than candles made of petroleum-based paraffin. Their candles are made from American-grown biodegradable soybeans.
- Collect rainwater to water plants and shrubs.
- Invest in a quality BPA-free reusable bottle and eliminate plastic bottles in the landfills.

- Shun packaged foods and stick to fresh fruits and vegetables and homemade dishes.
- Be mindful of paper consumption and waste which makes up the largest percentage of our trash.
- Learn how to wrap gifts responsibly. Better yet, don't wrap gifts at all. Be creative with fabric, paper, ribbon, etc.
- Read labels. Be leery of unknown ingredients in food, cosmetics and personal hygiene items, and you'll be living a greener and healthier life.
- Learn to do more with less.

Simply put, green living is a chosen lifestyle focused on conserving resources, reducing household waste, saving energy and living a healthy, more environmentally responsible life.

Take these suggestions one-step-at-a-time and before you know it, your life will reflect a new standard of sustainable living.

“Economy is a savings bank into which men drop pennies and get dollars in return.”

Josh Billings
American Humorist
1818-1885

Clean Sweep Workshop

The *Clean Sweep Program* is as easy as 1-2-3. If you are ready to make a commitment to organize your environment, this three-step *TipSheet* is guaranteed to make a difference in your life.

Henry David Thoreau defined clutter when he said, *“I would rather toss an object that was in my way than move it around just to dust.”*

He knew what he wanted to do with his time. What do you want to do with your time?

<http://clearing-clutter.com/tipsheets/clean-sweep/>

