

52 Powerful and Sustainable Life Practices

By Corrina Steward

Hello and Welcome to Your New Powerful and Sustainable Life!

I want to share with you a secret. If you are living your life pursuing tomorrow's dreams, you are wasting your time. The secret to getting what you want in life is to live for the small things you do everyday. They actually have the power to transform your life from ordinary to extraordinary.

Why is that? Because what you do everyday—going to work, taking care of your children, creating time for yourself—and *how* you do it has the power to make your life and our world sustainable.

What I mean by sustainability is best defined by the United Nations in 1987:

Meet the needs of the present without compromising the ability of future generations to meet their own needs.

AND, I also mean:

Become sustainable within yourself.

Being sustainable within yourself requires a quiet consciousness about the small things you do everyday—honoring them with a sense of purpose and doing them with integrity. When you do this you allow for abundance and harmony to fill your life and the world around you.

This is true sustainability from the inside out.

I hope you will enjoy and practice the *52 Powerful and Sustainable Life Practices*. They were inspired by my own life and by the many people who have inspired me.

Here's one way to use them:

Try each Life Practice for one week for a whole year. See what happens!

Be Powerful, Be Sustainable,

Corrina

Learn more about Powerful and Sustainable Life Practices.

www.beaneverydayhumanitarian.com

1. Go for a walk in your neighborhood. Choose one thing to focus on during the walk like flowers, trees, or smiling people.
2. Steam your face with fresh or dried organic herbs. Boil water and add your favorite fresh or dried herbs (lavender is my favorite). Put a towel over your head and breathe in. Relax. For more at-home, natural beauty treatments check out:
<http://naturalbeauties.weebly.com/index.html>
3. Make a 100% organic, local food meal. Take special care in choosing the ingredients and creating the atmosphere you want for your meal creation and dining time.
4. Play your favorite music and dance.
5. I spend a long time brushing my hair, or playing around with hair styles while listening to punk or 80's music. --Robin, Social Forestry & Agroforestry Advisor
6. Surround yourself with trees, plants and flowers.
7. Do a body scan meditation. For a free, guided meditation check out:
<http://www.audio.randalwilliams.com/guided-relaxation.htm>.
8. Turn off the lights for an evening. Light candles and enjoy the silence of the night.
9. Get a massage. Support a local business and feel great.
10. Share a cup of organic coffee or tea with a good friend. Let the hours pass without notice.
11. I take wonderful naps and eat fresh raspberries. --Erin, preschool teacher and actor
12. Make a sustainable libation. Make your own with your favorite organic, in-season ingredients or check out the Liquid Muse for ideas:
http://www.theliquidmuse.com/pdfs/ValleyLife_808.pdf
13. Take a soulful yoga class.

14. Go for a peaceful swim early in the morning or late in the evening to awaken or close the day.
15. Make something with your hands and supplies you already have. Give it away as a gift.
16. Breathe.
17. Write down 3 things that you will do for someone else and 3 things that you wish to attract.
18. Create a group of like-minded people to share your ideas and wisdom with.
19. Surround your workplace with beauty such as plants, pictures, music and color.
20. Be spectacular. Dress up or dress down. Sing loudly, dance wildly or be very, very quiet. Feel your aliveness.
21. Go to a community event, meet new people, and share with an open heart.
22. Every morning, before I check e-mail or consult my to-do list, I try to make live phone contact with someone who cares about me. It helps put things into perspective, reminding of who I am -- that I'm connected to people -- and that my efforts matter, even before I begin.
–Melony, freelance writer
23. Go to bed tranquilly. Create a bedtime routine that properly closes the day.
24. Walk for peace—in your life and/or to end human suffering.
25. Be grateful for all that you are, have been and will be. Create a reflection experience that embodies how grateful you are. It could be as simply as sitting watching the moon rise in gratitude.

26. Take a day off and schedule nothing.
27. Repot all of your overgrown plants. Challenge yourself to use all the same pots (e.g., smaller plants go into pots other plants have outgrown.)
28. I go for a long, joyful, sobering, chat with nature while running. –Erin, entrepreneur and interior designer, livegooddesign.net
29. Ditch your car for one weekly thing you do and walk to it.
30. Share a car with someone. It's less expensive, greener and builds community for you!
31. Create an online group, chat or network to connect to like-minded people. Share your story with them.
32. Turn the TV off. Choose a day (or a few) a week with no TV. Read a book, talk to your loved ones, and enjoy the tranquility.
33. Just begin. Take the most basic, simplest step in something that you've wanted to do, put off and/or don't make enough time for.
34. Be present.
35. I love to watch leaves fall from the trees in the autumn and let my mind focus on a single leaf as it falls. –Christina, social justice leader
36. Feel your heart. How is it today? Nurture it.
37. Capture an image that you love with a photograph. Email it to your friends with well wishes.
38. Host a 'recycle' party. Exchange clothes, furniture and other home items.
39. Create a vision board. Make a collage of all that you wish to attract into your life. Make it for your home or for your desktop. To learn more about desktop vision boards, check out www.visionboardsite.com.

40. Go for a walk your neighborhood. Be mindful of where you are. Do you notice anything new?
41. I go to the woods. It reminds me that no matter how fast human kind may travel, for the time being we have no place else to go. The earth is our vessel.
–Shona, sustainable clothing designer and advisor
42. Decide to be you today.
43. Do something different from how you usually do it today. Here are some ideas: wake up earlier, have lunch with a new colleague, take a different route to work, listen more in meetings if you're normally talkative or contribute more if you normally listen. Change your routine even if it's just a small change.
44. Make a bouquet of seasonal foliage from your own backyard.
45. Create no material waste today. Read everything online, recycle everything, and compost your food (or eat it all). See how low impact and simple you can live today.
46. Be conscious of the world around you. Who is with you, how are you today, what is your purpose today, why do you do what you do?
47. Inspire others. Share a gift, a word of advice, be a role model and share in others dreams.
48. I go to the ocean and walk the beach. Then I sit and take in nature with all my senses to reenergize, refocus and center myself. –Stephanie, Esthetician and Owner of Natural Beauties, <http://naturalbeauties.weebly.com/index.html>
49. Play. Create the world of your inner child. What does he or she want to do?
50. Listen to your favorite music all day.
51. Honor your spirit. Follow its tug. Let it lead the way, with no regrets.

Thank you for reading! I hope you've discovered some new ways to be powerful and sustainable within yourself. You are creating the new, sustainable world!

Here's *Powerful and Sustainable Life Practice #52*, I didn't forget it. I left this one for the end because a big part of living powerfully and sustainably within yourself is to share with the community around you. Here it is:

*Ask your friends and colleagues, how they are becoming sustainable within themselves?
Share with them what you do.*

Sustainably with you,

Corrina