

**Goal 4**

ADOPTION OF SIMPLE LIFESTYLES

**GOAL: Adoption of Simple Lifestyles** is grounded in the idea of sufficiency, and promoting sobriety *(moderation)*  in the use of resources and energy.

**STRATEGY 1:**

Decrease water consumption where we live and work.

**ACTIONS:**

1. Track water usage through the monthly water bill.
2. Determine water and energy efficiency of all home appliances, showers, and outdoor sprinklers.
3. Have regular conversations where we live and work about conservation of water practices.
4. Collect excess water in basins to water plants and garden.
5. Collaborate with gardeners for sustainable gardening practices and use of water, including the planting of drought-resistant trees and plants.
6. Take personal responsibility to decrease water usage in daily personal hygiene, kitchen and laundry.

**STRATEGY 2:**

Moderation concerning the use of water resources.

**ACTIONS:**

1. Conserve water by taking fewer or shorter showers; turning off water while washing hands and brushing teeth; using dishwasher as necessary and only when full; doing full loads of laundry.
2. Eliminate the use of bottled water by using filtered tap water for drinking, washing fruits and vegetables and cooking, as well as promoting good health.