

# YEAR OF WEALTH ~ GOING GREEN: SEPTEMBER 2020

*Building human, social, and environmental capital for ourselves and our communities*

**Hello!** This month we are examining influence and influences: on ourselves as individuals making choices that may require redesigning habits or trying to think differently; as families by establishing understandings of different or shared preferences and goals; and as global citizens helping to shape a healthy future with well-being at the forefront for all. "Influence" has many connotations. Here we are looking for influences on behavior that drive continuous improvement or refinement to suit your values and well-being. I have found that when I feel most disturbed, it is because a negative influence is trying to take hold – inside me, from the news, or from a person who has differing values. Recognizing the reason for the discomfort often negates the influence completely!

## **September Practice: Noticing How You and Others Develop Understanding**

You might be surprised at how many influences you have in your life: family and friends of course, the news and social media, that great article in Science and the helpful one in Simple. Your information, your assumptions, your feelings, your preferences or what is most comfortable, and your values all influence your decision-making too. It's a bit ponderous to assess them at the moment of choice-making. It can be far more manageable to take a moment to notice them as they occur, or as you have questions in preparation for a decision.

**Tips and Tricks:** It's not surprising that AWARENESS is our task this month. It is a theme with making intentional choices! 😊

**Action:** Be on the lookout for how you feel and react to new information, and then what you choose to do with the feeling, reaction and the information.

**Notice:** Which inputs will you let influence thinking and choices from now on? How much do

you let them influence you: are they bright lines that will guide you, or are they valuable but only as a contributing influence? Or will you discard it, and choose not to let that particular feeling or information influence your behavior?

**Review:** Twice during the month, cast back over the weeks before and see if a new influence is taking hold, or if your behavior may have influenced others. You may find you and they have made changes quietly that demonstrate new commitments and habits that you value.

## **A Story**

As we settle into a new home, and know that we will spend far more time in it and the yard than if we could travel more widely, we've been thinking about two important purchases: a grill and a fire pit! My fossil fuel moratorium (save for transportation) influences my choices and those for the family space. The griller in the family did all the research to find the options. He came up with wood pellets as an energy source. This is neither carbon free nor zero impact, but it is better than gas and healthier than charcoal, and the ashes will go into the compost for the vegetable garden. It met my thresholds and we selected the smallest Traeger on the market – reputed to last far longer than the other options, so a very durable good. My neighbor across the fence doesn't understand why I'd choose to buy anything other than a gas grill, but now he knows there are options, and he's curious to see how it works. Who knows – I may influence him! [www.traegergrills.com](http://www.traegergrills.com)

For the fire pit, we opted for a Solo Bonfire: portable, attractive, and nearly smokeless since it is super efficient! This is what caught my eye. We'd be burning wood, again, but as efficiently as possible. And any ash would end right up in the compost, too. With my other neighbor's corroborating recommendation, I ordered it. He influenced me. [www.solostove.com](http://www.solostove.com)

What goes around comes around.

~ Sarah