Participant Stories of the Living Smart Course Experience
Michele Howard (Participant, Facilitator, ex-Board member)

I have been on my sustainability journey for about the last 15 years and have gradually changed the way I live my life and my home, I didn't know that I had more to learn or change, but Living Smart taught me some new things, consolidated all of the things I had done so far, helped me articulate some new goals and most importantly gave me what I have been looking for - a community of like minded people to belong to.

Goal setting – one of the big things with Living Smart is goal setting, I have never been one to write goals or affirmations down – I tend to keep them in my head and re-assess them every so often. So this is the first time I have properly written down some goals and re-assessed them 6 months later and I am pretty happy.

At the end of my Living Smart course in November last year Shani and Tim got us to write down some goals on a post card and promised to post it to us. I duly wrote down my goals, 2 things that I really wanted to do and that were achievable.   I was pretty thrilled 6 months later to get a post card in the mail from myself and to see that I was well on my way to achieving the goals. I am working towards Palmyra farmers market going plastic free (slowly slowly catchy monkey but people are keen) and I have done the Living Smart facilitators training and have become involved with the Living Smart community – very happy!!

Now for new goals – this is my 1 year goal – run at least 2 Living Smart courses in the next year – I have 2 groups who are keen to do them, probably not going to get any money for doing it – but hey its a start.

 5 year goal – run the Living Smart course in the Aldinga Arts Eco Village where my brother lives in South Australia – they might all live in an eco village but he reckons they could get heaps from Living Smart.

PS This is now the second time I have written goals down like this and the first 5 year goal – Tim I think you have converted me ☺