#lookoutsideyourwindow

My wife Natalie is an avid nature photographer and spends hours outside watching the creatures who live on our property.

When I am outside I am generally focused on a job – mowing the lawn, cleaning the pool or playing with my boys. Often too busy to take much notice of what’s actually going on around me.

This weekend I stopped to breathe, just for a few minutes, in between digging holes for a new fence and trying to service my bike, I walked and listened. And that was all it took to notice how much was going on around me – Fairy wrens having a bath, a green tree frog trying to be low key, the little bush turkey trying to hang out and copy the adults. The python shed its skin last night as our resident snake made its way into the roof…

I think we spend too much time plugged into headphones, focused on our phones and iPads, so that even when we are outside we aren’t really taking notice of what’s happening around us. I know I’m guilty of it. As more and more studies are showing, we need to get outside in nature for our physical and mental health, so #lookoutsideyourwindow.

Have a good day, take a look around you, it’s all good.





