



CATHY HOBBS
Green Home Expert

With a LEED certification, Cathy is known for her expertise and knowledge of green and sustainable design.

MY LIFE IMPROVEMENT STORY: Growing up I struggled with allergies and asthma. Once I had my own home, I made a concerted effort to search for the healthiest products. Then I had a baby and that changed everything! I became even more conscious of my choices. From the toys she touches, to the products I used to design her room, everything that surrounds her is the healthiest, greenest option I could find.

AMY'S ENTERTAINING ESSENTIALS
Entertaining doesn't require big bucks or long hours of planning. Transform your space for celebrating with these IKEA items worthy of any hostess.



Checklist Item No. 1411
AMY 500763 glass pitcher \$25.99 (201, 251, 70), AMY 50044763 tray white \$8.99 (111, 710, 71), AMY 50044764 plate white \$19.99 (111, 211, 70), IKEA PE 50044765 pedestal lamp \$29.99 (111, 101, 11)

ERIN'S DECORATING PICKS
Your home is your haven, so surround yourself with things that you love. Design a sleek and serene dwelling with these furnishings and decor from IKEA.



Checklist Item No. 1411
ERIN 500766 chair \$29.99 (111, 101, 11), ERIN 500767 armchair \$79.99 (211, 101, 11), ERIN 500768 desk black \$199.99 (111, 101, 11), ERIN 500769 chair white \$69.99 (111, 101, 11)

SUSAN'S SIMPLIFYING SOLUTIONS
Create your ideal life by simplifying your space. Incorporate these functional, clean-lined IKEA pieces, you'll be motivated to improve your home and your life.



Checklist Item No. 1411
SUSAN 500769 coffee table \$89.99 (111, 111, 11), SUSAN 500770 chair \$119.99 (111, 101, 11), SUSAN 500771 rug \$19.99 (111, 111, 11), SUSAN 500772 rug \$19.99 (111, 111, 11)

CATHY'S ECO-FRIENDLY FINDS
Reuse, renew, and recycle—that's all it takes to go green! Motivate yourself to create a more sustainable home with these eco-friendly IKEA products.



Checklist Item No. 1411
CATHY 500773 basket \$19.99 (111, 111, 11), CATHY 500774 watering can \$19.99 (111, 111, 11), CATHY 500775 plant \$19.99 (111, 111, 11)

SHARE YOUR LIFE IMPROVEMENT STORY

"The Life Improvement Project" Ambassador, **Lisa Ling** wants to help others improve their lives, and there's no better place to start than in the home!

Starting next month and throughout 2013, look for more inspiration and motivation from Lisa Ling and The Life Improvement Squad.

How have you improved your life at home? Snap the tag below or visit theLifeImprovementProject.com to share your life improvement story. Every story you share earns you an opportunity to win an IKEA gift card!

WIN AN IKEA GIFT CARD!

Get the free mobile app at <http://gettag.mobi>

The Life Improvement Squad™