

# SIMPLIFY YOUR LIFE



Life in today's world can be very hectic, often with more on our plate than we can handle. But it is possible to turn down the noise and restore some peace and sanity to our busy lives. Here are some tips:

**Start by making a short list of things that are most important to you.** It might include your family, a place, a hobby or favorite pastime, etc. Use your list as a guide to help you know where to focus your time and energy.

**Review your time commitments.** Try to identify where you can free up some time in your life for the things you really love.

**Learn to say "no."** Otherwise you will never have control over your life.

**Create morning and evening rituals** that will help you start the day strong, and end it with a time of reflection and mindfulness.

**Create a weekly meal plan.** This will help you eat better, and save time in the long run.

**Manage your finances** better by consolidating your bank accounts and paying bills online. Most important, create a budget, and stick to it! Make a commitment to live within your means.

**Decide how much is enough** – how much money, how many things, how many activities. Once you have done this, you might realize you have far more of everything than you need.

**Downsize.** Start with the big things you don't need, and move on to the smaller items that clutter your life. Work on one space at a time, and organize what you decide to keep. Consider donating the rest to charity.

**Simplify your goals.** It can be difficult to let go of a long-held dream or aspiration. At the same time, however, it can impede your success and ultimate happiness to hang onto goals that are no longer practical or relevant to your life. Letting go of them can be liberating.



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## Activity: What matters most to you?

Give it some thought, then write down the top four or five things that are most important to you. Your list might include your family, or a place you like to visit. It might include a hobby or interest. Whatever it is, these are the things you want to spend your time doing - the things you are kept from doing by all the demands of your hectic life.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Create a Simplicity Statement

What does a simpler life look like to you? It might mean learning to live with less money and less "stuff," and spending less time at work so that you have more time to do the things you love. Try describing it in a statement. It could be as simple as, "I will use my time and resources wisely and well." To that, you might want to add, "to create beautiful art," or "in service to others," or "in pursuit of my dreams." Whatever brings more meaning and more joy to your life.

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