

## Strategies to Simplify Your Life

Simplicity. How can we make things simpler, more streamlined, or more efficient? Is this all just hype, or is there actually something to this simplicity thing?

Reducing complexity in my life has reduced stress, increased free time, and top priorities are actually top priorities. When we simplify as much as we can, we are better able to slow down and enjoy each moment as opposed to rushing through it. Here are a few ways you can simplify the various aspects of your life:

1. Turn off your cell phone for 1 hour per day.
2. Go to bed early.
3. Get rid of (or at least reduce) commitments that you do out of obligation.
4. Purge as much unneeded clutter as possible.
8. Add items you want to a wish list as you think of them.
9. Set your clothes out for the next day the night before.
10. Make your lunch for the next day the night before.
11. Make time to catch up with an old friend.
12. Just say no.
13. Tell the truth.
14. Keep your list of addresses and phone numbers up to date.
15. Create an organizing system that works for you.
16. Carry a notebook and pen with you wherever you go.
17. Unsubscribe from emails, newsletters, or RSS feeds that don't provide value anymore.
18. Apologize immediately when you realize you've done wrong.
19. Enjoy the present moment as much as you can.
20. Take time to really see the little things in life.
21. Reduce the amount of TV you watch.

- 22. Get outside.
- 23. Create morning, daytime, and evening routines.
- 24. Ask for help.
- 25. Don't get caught up in other people's drama.
- 26. Let go of the self-imposed need to be perfect.
- 27. Focus on a simple, but healthy, eating plan.
- 28. Share responsibilities when possible.
- 29. Be positive.
- 30. Finish old tasks before taking on new ones.
- 31. Focus on one thing at a time.
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