3 easy steps to a happier
and simpler life.

How to Simplify your Life

This mini journal will help you break down the three simple steps to having less, doing less and wanting less in life.

STEP ONE
TO SIMPLIFY YOUR LIFE

Having Less

Having less "stuff" means less time cleaning, less time looking for lost items and way less mess. **Let's be honest, mess = stress.** The truth is, less physical clutter means more overall happiness and a more simplified life for you and your family.

For this step, we are going to do three easy tasks that will mean less unused items in your life, which equals more space in your home and in your mind.

1. DECLUTTER
2. SPEND LESS
3. PRIORITIZE PURCHASES

1 DECLUTTER

It's time to remove that clutter from your home. Clutter doesn't mean "junk", it simply means the items in your home that you are not currently using. It doesn't matter if they were expensive or if they could be used "someday". If you haven't used something in the past 12 months, it's time to let it go.

Look around your home and quickly list 20 items that you know you are not using:

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Now grab a box and bag and fill it up with the items you listed! Check each item off as you remove it from your home.

2 SPEND LESS

Spending less is the perfect way to ensure that you have less physical stuff. Remember, less unused clutter in our homes equals an easier, happier and simpler life.

Think of a few things you can stop buying that can help you to save money and have less "stuff" in your home. Write them in the box below.

Consider taking the **7 DAY CHALLENGE** to help you spend less in a fun and easy way. Be sure to grocery shop and fill your car with gas before you begin! Challenge yourself to a full week where you spend NO MONEY! Write some things in the box below that you could go without for just one week.

3 PRIORITIZE PURCHASES

We all waste money on silly little things sometimes. Unfortunately, those little items can quickly add up to a lot of wasted money overtime. **Let's look at your BIG financial picture and make a list of the things you *really* want.**

Every penny you don't spend on silly things will get you one step closer to the important things you want in your life. List some items you really want to buy:

1. .....
2. .....
3. .....
4. .....
5. .....

STEP TWO
TO SIMPLIFY YOUR LIFE

Doing Less

Doing less in life is about giving up the notion that you have to be "busy" all the time. This step is about identifying those tasks that are taking up too much of your precious time and not giving you enough in return.

In this step, we are going to break down three steps that will allow you to have more time in your day for the things that bring you happiness and joy, without compromising the end result that you want.

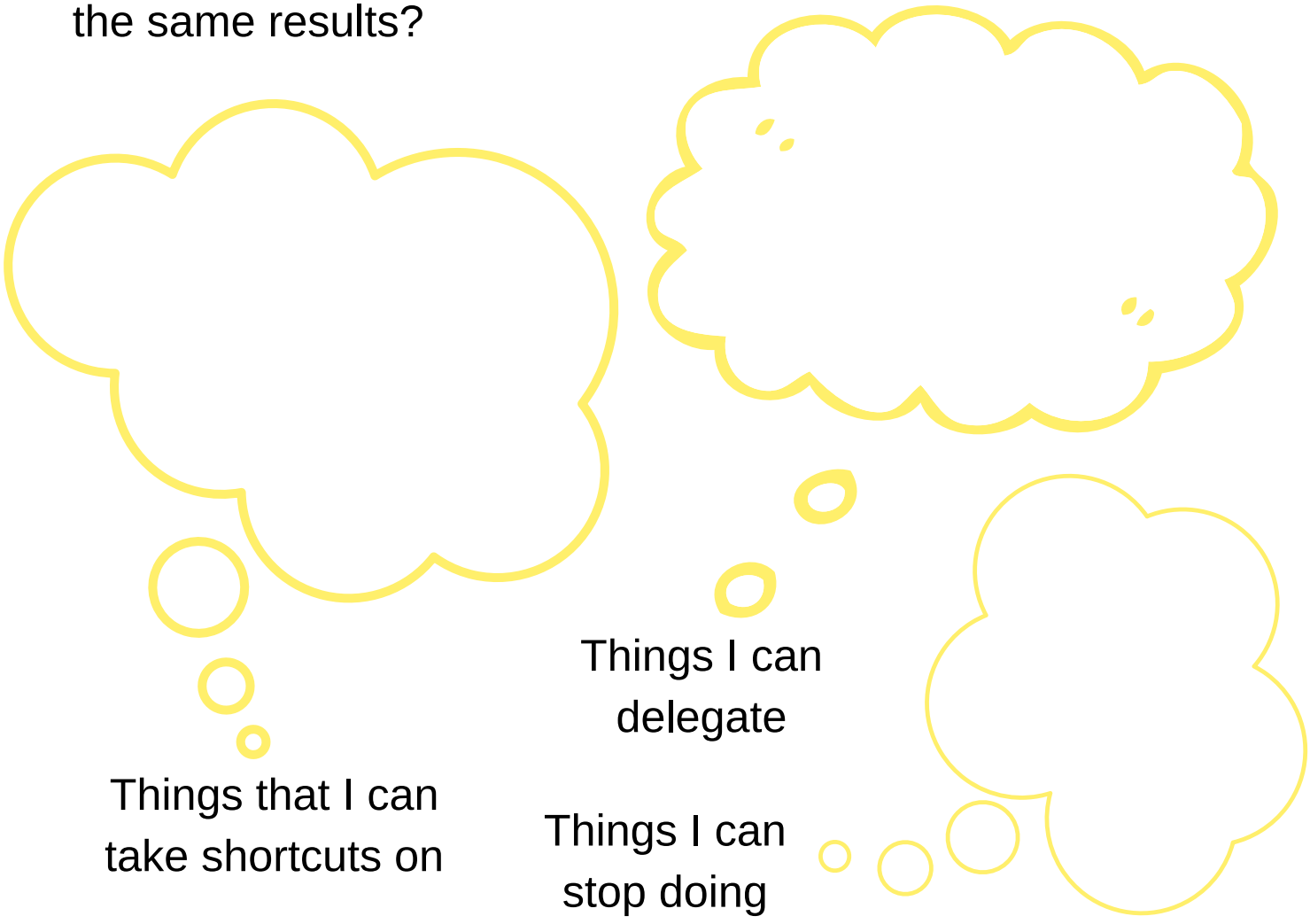
1. TAKE SHORTCUTS
2. DAILY ROUTINE
3. IDENTIFY TIME SUCKERS

1 TAKE SHORTCUTS

You don't get bonus points in life for doing things the hard way! Take a look at the day-to-day tasks in your life and try to think of some ways that you can cheat a little bit!

Washing the floor on your hands a knees? WHAT? No way, get a spray mop! Emptying the dishwasher all by yourself? Heck no, that's what kids are for! Delegate!

What are some ways that you can do less in life, but still get the same results?



Need inspiration? Google "life hacks" or "life shortcuts"!

2 DAILY ROUTINE

Want to know the best way to do less and get the same results? A routine! I know it sounds bonkers, but having a daily routine will streamline your life and stop you from get distracted and doing those frivolous tasks that get in the way of progress.

Design yourself a SIMPLE daily routine. Be sure to include all the things that you SHOULD get done, but stick to the basics!

Note: Don't include tiny things like "brush teeth", instead focus on the bigger things you WISH you did everyday, but never seem to get around to!

Looking for inspiration? Google "daily routines".

3 IDENTIFY TIME SUCKERS

If you want to do less and have more time, you gotta weed out the time suckers in your life. Do you spend hours scrolling through Facebook posts from people you don't even like? Are you getting distracted by terrible afternoon television that you don't even enjoy watching? Does a five minute game of Candy Crush easily become two hours without you even realizing it?

Be aware of how you spend your time. Write down those time wasters in your life.

How can you limit these time wasters? Try setting a timer before you go on social media or challenging yourself to give up a game all together. List some ideas:

STEP THREE
TO SIMPLIFY YOUR LIFE

Wanting Less

In this materialistic world, one of the bravest and most impactful things we can do is simply want less. Let's stop focusing on what we *don't* have and instead find joy in what we *do* have already. Let's stop trying to find happiness in a store and instead discover the things that bring us happiness in our daily lives. Let's stop always looking towards and worrying about tomorrow and instead be aware of and present today. Here are some easy steps to help you *want less.*

1. BE GRATEFUL
2. HAPPINESS JOURNAL
3. MAKING MEMORIES

1 BE GRATEFUL

The best way to boost happiness and stop that nagging and dreaded need for *more* in your life is to simply list some things that you are grateful for. A gratitude journal is the fastest and easiest way to appreciate the things you have today and stop wishing for the things you could have tomorrow. Fill in the hearts with things you are grateful for.

2 HAPPINESS JOURNAL

So often we are looking for happiness in all the wrong places. All of those little bad habits we have are usually a result of us just trying to boost our happiness in quick little ways.

Instead of opting for those quick and fleeting moments of happiness, I want you to think about the things in your life that bring you real and long lasting happiness.

List some things that make you happy, such as spending time with family, crafting, reading, exercising or quality alone time.

Take a look at your list and try to incorporate at least one of these into your daily life.

3 MAKING MEMORIES

Instead of buying more *things,* let's focus on creating more memories. Less physical stuff equals a happier and simpler life, but it doesn't that mean we still can't have fun!

Choose experiences over possessions and watch your happiness sore. List some fun and free (or cheap) things that you can do by yourself or with your family and friends.

Examples: Star gazing, movie night, hiking, apple picking, museums, fishing, game night, crafting, reading, taking photos etc.

Need more inspiration? Google "free fun activities"!