

24 WAYS TO SIMPLIFY YOUR LIFE

1. CREATE A ROUTINE

Make a daily routine for yourself.

By giving yourself a daily routine, you are creating structure, which helps with simplicity.

2. SAY NO

Start saying no to people.

By saying no, you are simplifying your life by not adding more tasks you don't need.

3. MAKE A BUDGET

Make a budget for your life.

By making a budget, you are setting financial structure to your life.

4. TAKE SOME ALONE TIME

Take time to be alone.

By taking some alone time, you are allowing yourself to rest and/or do what you want to do.

5. MEDITATE

Meditate to find peace.

By meditating, you are giving yourself some peace.

6. SPEND TIME IN NATURE

Go out and enjoy nature.

By being in nature, you are able to relax and get refocused.

7. PLAN SIMPLE MEALS

Plan out simple meals.

By planning simple meals, you are saving money and time.

8. PLAN SIMPLE WORKOUTS

Plan out simple workouts.

By planning simple workouts, you are getting physical activity and not making it too complex.

9. DECLUTTER

Declutter as needed.

By decluttering as needed, you are freeing up space and relieving stress.

10. READ

Read a little each day.

By reading each day, you are helping your brain stay healthy.

11. SCHEDULE SELF CARE

Schedule simple self care.

By scheduling self care, you are allowing yourself the opportunity to relax.

12. PLAN YOUR GOALS

Plan achievable goals.

By planning achievable goals, you are giving yourself an opportunity to do something you have always wanted to do.

13. PLAN YOUR DAYS IN ADVANCE

Plan your day ahead.

By planning your day ahead, you will be prepared for the day and ready to go.

14. ORGANIZE

Get organized to save time and money.

By getting organized, you are saving time and money. That can help you simplify your life.

15. UNSUBSCRIBE

Unsubscribe from non-value added subscriptions.

By unsubscribing from non-value added subscriptions, you are saving time.

16. SIMPLIFY YOUR WARDROBE

Simplify your clothing.

By simplifying your wardrobe, you are saving money and time.

17. IGNORE GOSSIP

Don't listen to gossip.

By ignoring gossip, you are saving valuable time in your life. Don't give attention where attention isn't needed.

18. SHOP ONLINE

Save time shopping online.

By shopping online, you can save time. You can also save money, if you research before you buy.

19. GO FOR WALKS

Take a break and go for a walk.

By going for a walk, you are taking a break and able to clear your mind.

20. DO THINGS THAT BRING YOU HAPPINESS

Do what makes you happy.

By doing what makes you happy, you are simplifying your life.

21. ASK FOR HELP

Always ask for help.

By asking for help when you need it, you are putting less pressure on yourself.

22. DELETE EMAILS

Delete any old emails.

By deleting old emails, you are cleaning out clutter.

23. UNPLUG

Unplug for awhile.

By unplugging for awhile, you are taking a break and able to simplify.

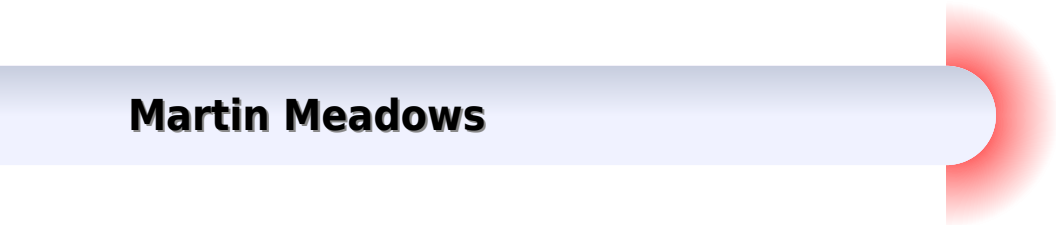
24. DROP A TASK

Drop one task you don't need to do.

By dropping a task, you are freeing up your time for more important things.

How To Simplify Your Life

Martin Meadows



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