

46 *easy ways to simplify your life*

Life practices

- Limit your commitments
- Learn to say “no”
- Buy only what you need
- Be present
- Forgive quickly
- Limit choices

Digital

- Unsubscribe from emails
- Unfollow negative people on social media
- Switch to digital from paper
- Keep only one tab open on the computer
- Organize your email
- Limit media time
- Put your phone out of reach when working
- Automate bill payments
- Delete apps

Productivity

- Follow a quick morning routine
- Give yourself time buffers
- Start each morning in silence
- Journal each morning
- Set times for tasks and activities
- Create a daily focus
- Do on thing at a time
- Simplify your goals
- Follow the 1-minute rule

Health

- Set out exercise clothes the night before
- Keep a water bottle by your desk
- Eat fruits and vegetables
- Use the car less
- Eat salad every day
- Spend twice as much time outside

Household

- Pack lunch or other meals ahead of time
- Use an instant pot or crockpot
- Organize your workspace
- Do dishes right away after each meal
- Create a laundry system
- Hire help
- Rehang towels to dry
- Start a capsule wardrobe
- Unload your purse each day
- Double and freeze recipes
- Pack light

Social

- Spend time alone
- Spend time with loved ones
- Simplify gatherings
- Spend less time with negative people
- Forgive someone of a grudge you've been holding