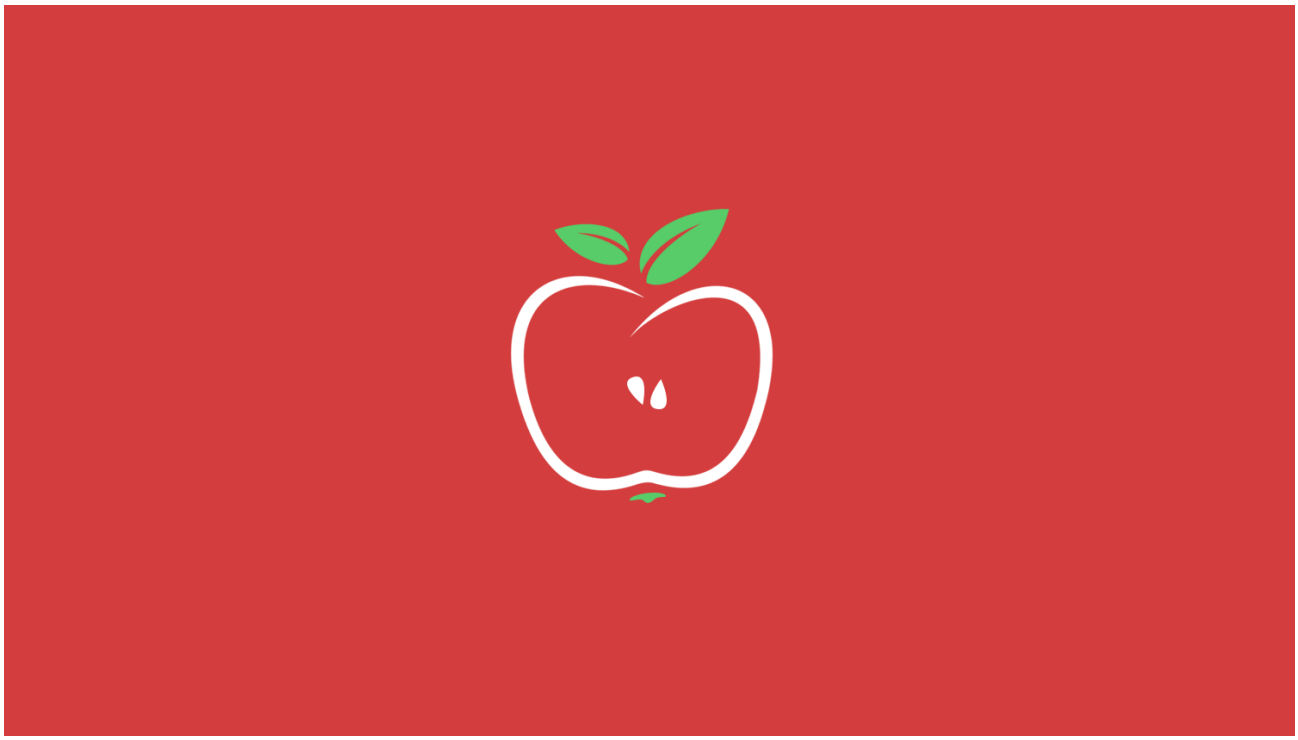
30 Rules to Help you Simplify your Life

It is important now more than ever to take a little time to change our thoughts, habits, and lifestyle. To become better more full humans for ourselves, our loved ones and the world. Seriously, simplifying your life is the best way to amplify it, turn up the volume on what you love and reduce the white noise of what you don't.



- [ ] 1. Make a list of the most important things in your life
- [ ] 2. Make time for your mental health
- [ ] 3. Get a planner
- [ ] 4. 10-minute de-clutter each day
- [ ] 5. No social media for an hour before bed or when you wake up
- [ ] 6. One garbage bag of junk
- [ ] 7. Ask for help
- [ ] 8. Give yourself a day
- [ ] 9. Clear your work space when finished
- [ ] 10. Spend more time in Nature
- [ ] 11. Simplify with a morning routine
- [ ] 12. Properly unwind before bed
- [ ] 13. Read motivating material
- [ ] 14. A little physical activity each day
- [ ] 15. Meditate
- [ ] 16. Do your least favorite tasks first

- [ ] 17. Watch less TV
- [ ] 18. Make a budget & pay off debt
- [ ] 19. Downsize or reduce
- [ ] 20. Say no more often
- [ ] 21. Eliminate toxic people from your life
- [ ] 22. Take a Timeout
- [ ] 23. Make home your sanctuary
- [ ] 24. Gather consistently with smaller groups
- [ ] 25. Pick up a hobby
- [ ] 26. Always value your time and others
- [ ] 27. Reduce how much news your consume
- [ ] 28. Reduce hypotheticals
- [ ] 29. Drive slower or leave earlier
- [ ] 30. Don’t invest in your expectations

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