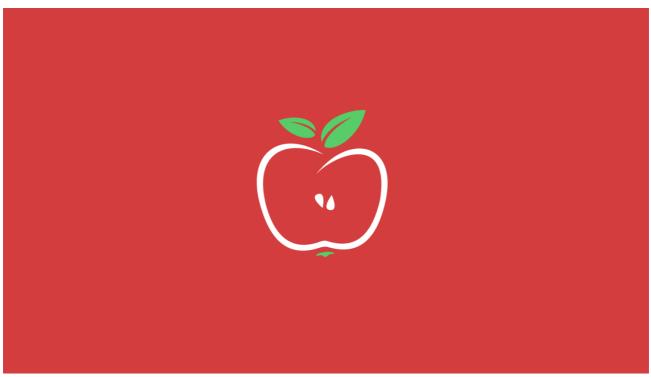
30 Rules to Help you Simplify your Life

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

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