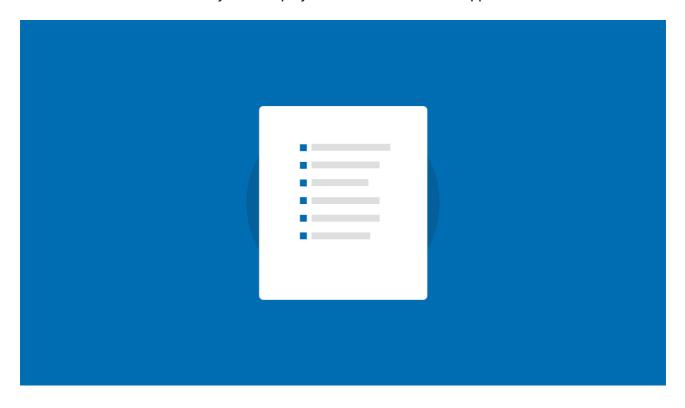
How To Make Your Life Simpler And Happier

8 Ways To Simplify Your Life To Be Much Happier



Limit your social media time to 30 minutes per day
Actively remove toxic people from your life
Switch off your phone before 9 p.m.
Remove all the processed foods in your home and eat clean
Declutter your mind by jotting down your thoughts in an app
Donate clothes that you haven't worn in the past two years
Digitize your notes and throw away the paper ones
Set your life philosophy so as to guide you when making decisions