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

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