

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