25 Ways To
Simplify
Your Daily Life

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1. Have an absolute *must do* list

There will always be things we *must do*, so create that list and cross things off as you do them. You'll be getting them out of the way and on your way to something better.

2. Toss clothes you don't/won't wear or don't fit

We all want to keep those clothes in the closet *just in case,* but it's actually filling you with a negative self image rather than motivation. So toss 'em!

3. Unsubscribe to unwanted emails

We all love to get a freebie and I'm all for it, too (heck, I create them!). But if there's an company that you find yourself deleting those emails without even opening them because (insert whatever reason), then unsubscribe girl...you don't even have time for that nonsense!

4. Use technology to automate

I love, love, love, a good app and there are a *ton* out there that can make your life easier, and help you get more done quicker.

5. Keep a calendar - no missed appointments

Google calendar is my friend, and friends help you, #amiright? Well, this friend totally recommends Google calendar because you can use it across all your devices and everything syncs, so no worrying about 'checking your calendar when you get home'!

6. Streamline your morning ~ get enough sleep, too

Getting a good start on the day can make a huge difference. Routines are your friend here, and once you get in the habit of doing that routine, you can knock it out without much thought. Oh and that sleep? Yeah, you need that.

7. Block, unfriend, or unfollow toxic people on SM

Our newsfeed is full of wonderful news, great stories, and funny memes. But it's also full of negative posts, judgment, and snap decisions. Hit that block, unfriend or unfollow button as *soon* as you read something that upsets you. It's for your own self care!

8. Say No to things you don't want to do

I'm talking about the things you fell *obligated* to do...those things people say you *should* do. Not feeling it? Say, "No, but thanks for asking" and move on!

9. Set reminders

Lemme just tell ya...without reminders, I would never be on time for anything in my world! I use Alexa and my phone to remind me about almost everything. USE them!

10. Toss mail you don't need as it comes in

It's possible I'm a pack rat, but I have vowed to open mail as soon as it comes in and toss the junk. And toss anything you don't need with the stuff you **Do** keep!

11. Declutter your mind - write it down to get it out

It's called a "Brain Dump" and it works! If your mind is full of so much that you can't seem to focus on any *one thing,* then write it down and get it out. You'll be amazed at the difference it makes!

12. Plan for the next day the night before

This might seem like a no-brainer (or unnecessary), but really, even laying out your clothes the night before is a SO MUCH HELP!

13. Clean out a drawer each week

And not just that junk drawer! I'm talking *all your drawers*...sock, underwear, silverware, gadgets, makeup....EVERY ONE OF THEM!

14. Do a short amount of house cleaning each day

I'll be the first to admit...I HATE cleaning. But more than that, I hate cleaning for HOURS on the weekend. So, I try to spend 15 minutes each day "picking up and putting away" so there's less to do on Saturday!

15. Limit your time on Social Media

Sounds weird for me to say this, but shutting off Social Media and lessening the time you're down the rabbit hole helps. Set a time each day and shut it off for an hour...even if you do nothing else with that time, you'll notice a difference!

16. Plan a weekly menu

I'm not a cook (at all!), but even just having a few ideas about what to fix helps.

17. Surround yourself with positive people

We start mimicking the emotions around us, so if they are negative, then that eventually sneaks into our own emotions. So find those positive people and surround yourself with them!

18. Say Yes to what you want to do even if it's not popular

Wanna go back to school? Wanna retire? Wanna color your hair purple? THEN DO IT! Worrying about what others want you do just takes up too much time!

19. Find a meditation that works for you

Positive affirmations, yoga, naps, dance, bubble bath...what soothes you? Find it and Do it because staying calm makes life simpler.

20. Declutter one room per month

Remember that drawer? Think about decluttering an *entire room!* It is Magical! When they're all done, it's much simpler to find your things, put them away and keep it clean!

21. Define your self care routine

We don't usually even *have* a self care routine (and there are a lot out there to choose from), but finding one that works for you and getting it streamlined, is a win-win on all sides.

22. Give lunch dates instead of gifts

Your time is so much more valuable than any physical item, and if you can swing it, meeting for coffee, lunch, dinner, or a movie...no need to wonder what kind of gift they like or need!

23. Have a long term goal to focus on

FOCUS is your friend. Having a long term goal means you don't have to constantly jump back and forth wondering what to focus on next.

24. Let go of perfectionism

Is Perfectionism possible? Maybe. But do you want to spend all your time getting there? Sometimes, done is better than perfect. And when you have to be close to perfect, figure out how to accept less than that and be good with it.

25. Set 15 minutes of time a day to do nothing

We have #allthethings to get done, long (LONG) to-do lists, and a million things already planned for tomorrow.

So how in the world could doing nothing for 15 minutes a day make life simpler?

Because you can use it to think, or not. You can use it to plan, or not. You can use it to reflect, or not. You can use it to totally shut down your mind and get relief for all the chaos happening in there.

Use these 15 minutes to do nothing *physical*. Let your mind wander or pause or explore. It's so valuable to focus on your thoughts, for even 15 minutes a day!