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learn how to reduce the stress and overwhelm that comes with running a family home with these 30 tips to simplify your home to guide you in simplifying your life we ve compiled our top 24 strategies our aim is to assist you in reassessing aspects of your life that contribute to stress and ultimately to minimize or eliminate those factors 1 make a list of your top 4 5 most important things what s most important to you what do you value most what 4 5 things do you most want to do in your life simplifying starts with these priorities as you are trying to make room in your life so you have more time for these things 2 evaluate your commitments minimalism effortless living 15 steps to simplify your life today in this post we explore 15 practical steps that will help simplify your life by applying these steps you ll be able to create more balance streamline your routine and experience more ease within each day so without further ado here are 25 tips to simplify your life these will save you time money and energy while you become healthier and more productive let s simplify simplicity is the peak of civilization jessie sampter by leo babauta a simple life has a different meaning and a different value for every person for me it means eliminating all but the essential eschewing chaos for peace and spending your time doing what s important to you 1 simplify your friends we all have pseudo friends cluttering up our social media accounts people that we don t really know personally or have never even met maybe they were a friend of a friend you added on a whim you know the people you wouldn t even recognize if they passed you on the street go ahead delete them discover how to simplify your home with our practical strategies declutter create efficient storage and maintain a clutter free space how to simplify your life based on our personal journey our conversations and our observations here is a list of the 10 most important things to simplify in your life today to begin living a more balanced joyful lifestyle 1 1 start small begin by decluttering small spaces like a junk drawer a closet a small stack of paper clutter or a few cabinets in your kitchen starting small helps me feel less overwhelmed it also gives me momentum to keep decluttering spaces that need attention where should you begin sometimes thinking about ways to simplify your life can seem impossible but there are a number of small actions you can take to make life easier so here s a list of 27 ways you can use to simplify your life table of contents 1 live according to your values simplifying your life is about focusing on what s important to you it s about finding easier ways to do the things that you have to do and giving yourself more wriggle room for the things you want to do simplicity isn t a magic wand for an easy life but in my experience it definitely makes things easier 20 ways to simplify your life begin by identifying key pieces that simplify your life suit your lifestyle and can be mixed and matched effortlessly opt for neutral colors that work well together and invest in higher quality garments that will last longer an introvert s guide to simplifying your life by christine schoenwald december 19 2022 as an introvert when everything is spinning out of control it s easy to feel overwhelmed that s why taking steps to simplify your life is so important i used to see life as a series of repairs and maintenance set a timer for 10 minutes choose any of the following tasks stop after 10 minutes then celebrate your simpler life 25 ways to simplify your life in 10 minutes or less cancel a non essential appointment or item from your to do list dump your junk drawer in a bag and hide it simplify your home and life during the process of binging my home i ve come across a fair share of items that i just realistically know i don t need items that are broken and i ve held onto for one reason or another or items that i purchased on a whim and haven t used since simplifying your life can reduce stress by setting and focusing on one goal multi tasking less eating healthy and exercising detaching yourself from negative situations and decluttering possessions and time commitments these all help to create a more balanced and organized life freeing up energy to tackle the tasks that are truly important more time less busyness more money less debt less mindless consuming more joy sound good to you it s time to seek ways to simplify your life this year 1 simplify your commitments take a good long look at your calendar do you have an activity or event scheduled out for every single day for the next few weeks or months organizational culture seven strategies for simplifying your organization by ron ashkenas may 28 2013 post share save buy copies this post is co authored with lisa bodell ron exercise regularly incorporate regular physical activity into your routine exercise boosts your energy levels and improves your mood even short workouts can be effective find an 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more time less busyness more money less debt less mindless consuming more joy sound good to you it s time to seek ways to simplify your life this year 1 simplify your commitments take a good long look at your calendar do you have an activity or event scheduled out for every single day for the next few weeks or months

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