

# Steps to a Simpler Life

So how do you do it? How do you live a life with intentionality and integrity?

The following are suggestions to begin taking steps towards a simpler, more satisfying life.

## Simplifying Your Things

- Be proactive! Look with fresh eyes at the things in your home.
- If you haven't used something in the past year, you probably don't need it. If it's been in the back of a closet and you forgot about it, you probably won't miss it!
- Ask yourself:
  - ~ Do I use this?
  - ~ Does this <thing> really give me joy?
  - ~ Is it beautiful to look at?
  - ~ Does it appeal to me and represent who I am?
- Get rid of any clothing that:
  - ~ doesn't fit
  - ~ isn't in style
  - ~ you don't feel attractive wearing
- Clear off a shelf, a drawer, or portion of a closet and only put back what you use, love, or need.
- Have a project you've been meaning to do? Pick a target date. If it is not completed by then, get rid of the materials and be at peace that it was a nice idea but not realistic for your life.
- Donate things to a thrift shop or shelter in order to quickly get them out of your home and allow them to be useful to someone else.



## Simplifying Your Time

- Take charge of your schedule. You might be able to buy a storage cabinet for your extra stuff, but you can't buy more time.
- Reflect on the fact that you only have 24 hours in your day. Evaluate what available time you have each week by subtracting out the hours allotted to the necessary commitments (i.e., work, family, sleep, etc.). Consider what is left for all the other things you want or need to do.
- Think through any non-essential commitments you take on and be willing to let go any which don't really meet your goals.
- Set a timer to limit "time wasters" (TV, surfing the net, Facebook, YouTube, Pinterest, etc.) —perhaps 20 minutes of mindlessness and then commit to move on to another more meaningful or necessary task.
- Choose an hour (or more) to unplug
- Savor moments which enrich or energize you
- Make time for quiet

*Note: Only get rid of things that are yours and you have full control over. Do not disrupt your household by discarding something another family member enjoys!*

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