

Simple things fulfill me

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I look for ways to simplify my life. Streamlining my routines reduces stress, saves money, and gives me more free time.

I shorten my to-do list. I identify my top priorities and devote my energies to them. I evaluate my commitments so I can get rid of distractions.

I clear away clutter. I limit my possessions. I **value quality over quantity**. I donate my old clothes to charity and sell the unused sports equipment that is clogging up my garage. I let go of resentments and disappointments that muddle up my thinking.

I eat natural whole foods. I buy local produce and prepare balanced meals for my family.

I live within my means. I stick to my budget and save some of each paycheck.

I hang out with family and friends. As long as I am surrounded by those I love, I can have a good time without fancy restaurants or expensive concert tickets. We can take a

walk or play cards.

I spend more time outdoors than online. Flowers are more beautiful than Facebook.

I enjoy solitude. I set aside time to meditate and pray.

I pick up healthy habits. I make positive choices automatic so I can avoid struggling with them. I jump out of bed instead of hitting the snooze button. I stop at the gym on the way home from work instead of drinking beer or eating junk food before dinner.

Today, I return to basics. I am content with what I have. Simple living fulfills me.

Self-Reflection Questions:

1. What are 3 words I associate with simple living?
2. Why is it sometimes beneficial to do nothing?
3. Why does simple living start from within?