

# I keep things simple

## **I keep things simple.**

Simple living gives me more time, energy, and freedom. I find beauty in my own version of minimalism.

I set priorities and streamline my to-do list. I figure out what matters to me. **I get rid of nonessentials and devote more time to the activities that enrich my life.**

I consume less. I go shopping only when I need something specific. I remember that my happiness is based on my spiritual faith and personal relationships rather than on material possessions.

I find more efficient ways to take care of my responsibilities. I learn simple recipes so I can spend less time in the kitchen and more time with my family. I organize my phone calls and coordinate my errands.

I declutter my home and office, and weed out the items I rarely use.

**I slow down and focus on one thing at a time.** As a result, I become more satisfied and productive.

I follow regular routines. I make constructive habits automatic. I visit the gym each day after work and put aside a portion of my paycheck for savings.

I cut back on distractions. I limit the hours I spend browsing online or watching television. I spend less time posting on social media and more time communicating on a deeper level face-to-face.

Today, I practice conscious simplicity. **I minimize the things that cause me stress and focus on the things that bring me joy.** I make my life more meaningful by doing less.

## **Self-Reflection Questions:**

1. What are 3 words I associate with simplicity?
2. What is the difference between being frugal and being stingy?
3. How do I feel when I give things away?