

# Simplify Your Life in a SNAP!

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## Today we will:

- Look at the idea of simplicity.
- See if you need help.
- Figure out what you can do.

# Simplify means:

De-clutter  
Downsize } YOUR LIFE

To create space in your life to live.

Not just doing without, but to slow down and live a more balanced, deliberate and healthier life!

## Do YOU need help?

- Do you rarely have time for yourself?
- Do you often feel exhausted?
- Is your sleep frequently interrupted by too many racing thoughts?

## More questions to ponder.

- Are too many of your meals eaten on the run?
- Do you worry that life is passing by in a blur of “to-do’s”?
- Are you too over committed?
  - Afraid that these things are keeping you from being a good friend, spouse, parent?

# The voices inside your head.

Close your eyes for a minute.

Listen to all the “clutter” in your head.

Now jot down the first 5 things that came into your mind when you had your eyes closed. Be honest.

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do.”

---Mark Twain



# What can be done?

- Remember to always use your time wisely.
  - *There are 24 hrs per day, 168 hrs per week, and 8736 hrs per year. Make the best of them!*
- Prioritize.
- Ask-what takes up most of your time?

**WHO ARE YOU DOING THIS FOR?**



“It is not enough if you are busy. The question is, what are you busy about?”

---Henry David Thoreau

# Other things you can do.

- Use a organizer.
  - Schedule time for your priorities.
- Plan everything!
  - *Meals*
  - *Exercise*
  - *Family time*
  - *Shopping*
  - *Activities*
- Turn off the noise.

Make a pledge to yourself that you will...

Now it's your turn to fill in the \_\_\_\_\_!

You can do it. You can simplify YOUR life!

