

# Ten Days TO A SIMPLER LIFE

Day One 


## SIMPLIFY PAPER

- Make your junk drawer spare and beautiful, only keep the bare essentials
- Find a pretty tray or container for your kitchen papers and set a day of the week to sort through
- Set reminders in your phone for birthdays and bills, and set them for any new appointments

Day Two

## HOME HAPPINESS

- Decide on three times a day to relax at home for a few minutes
- Set up a few cozy spots in your home for reading, drinking tea, something that doesn't involve the Internet
- Think about a new hobby you would like to learn to make something useful

Day Three 

## MEAL PLANNING

- Make master lists to help you meal plan: frequently made meals, seasonal meals, etc.
- Keep them in a special place
- Make a master grocery list of things to keep stocked so you can always cook off your main lists

Day Four

## CHEERFUL MORNINGS

- Organize your bathroom cabinet: spare, clean, and beautiful.
- Declutter socks and underwear throw out old stuff and don't buy anything new
- Put cleaning rags and spray under the sink and wipe the sink and toilet daily

Day Five

## HANDMADE HOME

- Pick a day of the week for projects or crafts and stick to it
- Set up a space in your home for your crafts and get supplies ready
- Make a running list of projects to do that are realistic and practical

Day Six

## A WORKING KITCHEN

- Store your kitchen equipment where it is used
- Don't be afraid to have things out on the counter if that makes cooking easier
- Put infrequently used items on high shelves or give them away



Day Seven 

## REDUCE CONSUMPTION

- Cancel one monthly membership, you can always get it back if you want
- Shop online less- set a spending limit or quit for a set period of time
- Start making one thing that you buy

Day Eight

## JOIN COMMUNITY

- Go to farmers markets and other local events: even if you don't buy anything
- Invite someone to your home
- Wave to people driving by even if you don't know them

Day Nine 

## EVENING ROUTINE

- Go to bed early and wake up early
- Make sure the house is clean before bed as a gift to yourself the next morning
- Know what tomorrow holds before you go to bed



## Day Ten DON'T FORGET

Think about what is important to you and live your life accordingly  
There are no rewards for doing it all or having more than everyone else