



SIMPLE LIVING WORKBOOK

Find Your Why

Before we can do anything else, we need to make sure we know why we want to love a more simple lifestyle. If we don't know our why, and *really* want it, we will find that we give up trying to change fairly quickly. So, what is it for you? Use the questions below to help you find *your* why.

What do you want out of life?

Why is living a more simple life important to you?

Which of these benefits of simple living mean the most to you?

- | | |
|---|---|
| <input type="checkbox"/> More time for what's important | <input type="checkbox"/> Loving everything you own |
| <input type="checkbox"/> Less stress and chaos | <input type="checkbox"/> Feeling content with what you have |
| <input type="checkbox"/> A slower-paced life | <input type="checkbox"/> Other: _____ |

Choose a Focus

Now that you've discovered your why, choose one or two areas to focus on simplifying. You may want to choose an area that most aligns with your why, or you may want to avoid overwhelm by starting small. If you are having trouble deciding where to start, think about what is causing you the most stress right now and begin there. For example, you could choose to work on simplifying your home, time/schedule, relationships, or mind.

1. I need this area simplified:

What is my short-term goal for this area?

What is my long-term goal for this area?

2. I need this area simplified:

What is my short-term goal for this area?

What is my long-term goal for this area?

Make a Change

Now that you've chosen an area or two to focus on, decide on your next steps to move you toward your goal of simple living. Remember: it's not going to happen overnight. If you are wanting to simplify your home, your next step could be to declutter a room or plan meals for the week. If you are wanting to simplify your time/schedule, you could decide to quit doing something or try time blocking. To simplify your relationships you might have your next step be eliminating unhealthy ones or showing grace.

AREA #1:

What are my next steps to simplify this area?

AREA #2:

What are my next steps to simplify this area?

Stay the Course

All of this will be for nothing if you lose focus on what matters to you. Visualize the kind of simple life you want and keep it on the forefront of your mind. Write your why down on a sticky note and stick it to your bathroom mirror. Or ask a friend to hold you accountable. You could even put checkpoints on your calendar for the next few years to remind yourself of your goals. Do whatever you need to do to stay the course and keep living a more simple life!

*Keep your eyes ahead on
the life you want to live,
or you'll end up living one
you never intended.
~Practigal*

My hope and prayer for you is that you will be able to stay the course towards a simple life and experience the many benefits it will bring. If you have any questions, any at all, don't hesitate to email me at practigalblog@gmail.com. I want to walk this path alongside you!

Happy simplifying!

