

Uncomplicate Your Life

simply

Do more of what brings you joy.

Use what you have on hand.

Stay flexible rather than give up.

Ask others for help or ideas.

Tell your spouse or child one thing you are grateful for about them.

Savor simple pleasures.

Keep a gratitude journal or list

Fill physical spaces with things you enjoy.

Redo something with little or no cost.

Plan one daily activity you look forward to

Pause before reacting to think something through

Schedule preventative appointments.

Choose 5-10 minutes daily to pause and reflect.

Ask if something is a need or a want.

Apply "keep it simple" motto to avoid overcomplicating things.

Eliminate one time-sucking activity from your schedule

Declutter a few minutes daily.

Set your phone down when with others.

Spend time with people who share your values.

Pray for someone, then tell them you have done so.

Do the next task in front of you.

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Invite a friend out for coffee or ice cream or a walk.

Create a list of activities that calm you.

Pray through the fruits of the Spirit in Galatians 5:22-23.

Maintain, repair, and take care of possessions.

Help a friend or neighbor.

Listen with curiosity.

Create a budget to guide spending in one area.

Laugh at humorous situations you find yourself in.

Do one activity with your hands rather than keyboard or phone

Make a practice of asking for forgiveness.

Make a scrapbook or photo book to share with someone.

Write down lessons you have learned from your experience.

Focus on what you can control.

Purchase one sustainable product.

Extend one act of kindness to someone.

When you buy something new, donate something you're not using.

Schedule white space into your calendar.

Sit outside without your phone and enjoy the view.

Hug someone you love.