











Engaging in a Simple Life

Questions to Ask

-  What appeals to you most about living a Simple Life?
-  What fears are rooting you to the spot?
-  What would you do with an extra hour in your day?
-  How do you envision your home? Schedule? Life?
-  What realistic challenge has become a serious roadblock?
-  What are the top 3 most important things in your life right now?

Things to Ponder

-  Write out a conversation you have with yourself – that one that tells you its not a good idea, or one that makes living a Simple Life seem futile.
-  Make a list of all the benefits living a Simple Life would have for you.
-  List the activities of a typical week. What one activity can you eliminate?
-  Get started: Choose one thing you want to do most and make time for it to happen.