

- 1. Resign from a commitment you're not passionate about.**
- 2. Stop trying to be perfect.**
- 3. Implement a basic cleaning schedule.**
- 4. Sign up for automatic bill pay.**
- 5. Automate a portion of your investing.**
- 6. Clean out your media collection and keep only the items you love.**
- 7. Plant perennials that will automatically bloom next spring.**
- 8. Clean out your purse or wallet.**
- 9. Put a paper shredder next to your mail spot.**
- 10. Winnow your wardrobe down to pieces that work together.**
- 11. Delete any social networking accounts you don't actually use.**
- 12. Add your number to the do-not-call list.**
- 13. Create a car maintenance schedule and post it somewhere you'll see it.**
- 14. Design a filing system that you can stick to.**
- 15. Start your day with a healthy meal.**
- 16. Turn your phone off when you need quiet time.**
- 17. Invest in a programmable thermostat.**
- 18. Set one good goal, and go achieve it.**
- 19. Record your good "shower" ideas and then implement them. (Don't we all get our best inspirations in the shower?)**

- 20. Write to a friend with (gasp!) pen and paper.**
- 21. Set limits on your bad habits, and reward yourself when you stick with them.**
- 22. Stop trying to be a saint and indulge yourself every once in a while.**
- 23. Pay off your credit card debt.**
- 24. Avoid watching commercials and reading advertisements.**
- 25. Rediscover the pleasure of reading purely for enjoyment.**
- 26. Plan two weeks of delicious meals ahead of time and skip the nightly grocery run.**
- 27. Go to your doctor for a preventative checkup.**
- 28. Remember the joys of doing nothing.**
- 29. Single task as much as possible.**
- 30. Learn to ask for help.**

30 WAYS TO MAKE YOUR LIFE MORE SIMPLE