

# Simplifying Your Life For The New Year

## Part 1 of 3

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This is part one of a three part series of ideas to simplify and grow our home and business lives.



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Fires rage, winds bellow, floods torrent, and the earth shakes. Nature simplifies the environment through seasonal system of change. We can use a similar system to simplify our lives.

A simplified life means eliminating all but the essential, trading chaos for peace, and spending time doing what's important to you. It also means getting rid of some of the things you do so you can spend time with people you love and do the things you enjoy. It means getting rid of the clutter to focus on what you value.

However, getting to simplicity isn't always an easy process. It's a journey, not a destination, and it can often be a journey of two steps forward, one step back. Here are some simple ways to jump start your life in 2011. Once you simplify this part of your life, you can move forward with parts II and III that will follow later.

### Identify what's most important to you.

What do you value most? What 4 or 5 things do you most want to do in your life? Simplifying starts with identifying these core priorities so you can make room in your life for time for these things.

### Organize your time.

Keep a schedule to make the goals you just identified happen. Learn to say no to demands on your day that don't align with these goals. You'll be less frantic and have more time to do the things that energize you.

### You've got a friend.

Find a supportive social circle, even just one close friend or partner to be accountable to and lean on in times of

crisis. With this sounding board, you'll enjoy a healthier, less stressful life and have more fun living life!

### Be imaginative.

Spend some time with yourself each day. Some quiet time alone gives your mind the opportunity to renew itself and create order. Imagine who you want to be in life. If you can imagine it in your mind, you can do it.

### Speak and act honestly.

Are you able to stand behind what you do and say? If not, reexamine your words and learn to articulate your thoughts in an open and honest way. This helps eliminate mistakes and misunderstandings down the road.

### Learn from your mistakes.

Everyone makes mistakes. We usually make a lot of them during our lifetime. As long as they aren't repeated and are looked at as learning experiences, they can, in fact, be a good thing.

### Give it 24 hours.

Give yourself 24 hours to digest an upside down situation, conversation or important decision. By giving yourself some time, you'll find a solution. By not overreacting immediately, you avoid drama that may follow later.

### Laugh out loud.

Don't take yourself so seriously. Humor is a positive coping mechanism that not only improves your mood, it builds self-esteem. Learn to laugh at yourself.

### Helping others.

Be a volunteer in your community. Helping others is a rewarding way to get something more out of life. When you give, you get back tenfold.

### Waiting to exhale.

Stress can have a huge effect on your productivity levels. When stressed, I personally forget to breathe! Take the time to breathe deeply and improve the oxygen flow to your brain.

### Simplify your wardrobe.

Choose solid colors that complement you. This makes it very easy for you to mix and match your clothes - it keeps things nice and simple.

### Find something you like to do.

We all need something that takes us away from our daily routines. It could be as simple as walking your favorite pet around the block or reading a book. Try a massage or pampering yourself in some way. You're worth it!

### Take care of your body.

If your body is healthy and in good repair you're better able to handle any stress in your life. However, an unhealthy body can cause great amounts of additional stress. Eat a healthy diet, exercise regularly, drink plenty of water and get enough sleep. These are all ways to take care of your body and make stress management easier.

### Renew your spirit.

Read daily inspirational thoughts that motivate you.

### Always ask: Will this simplify my life?

If the answer is no, you need to reconsider it. If the activity doesn't help you accomplish your goals, don't do it. If a relationship doesn't work for you, change it. If you haven't used it in six months, get rid of it.

Follow nature's lead and you will soon be on your way to living a simpler, more fulfilling life.



#### About The Author

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Stay tuned for Part 2 in the March/April 2011 issue of the *New Mexico Apartment News*.