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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

7 Tips to Simplify Your Life

By Barbara Myers

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1. De-clutter. Begin by grabbing an empty shopping bag. Walk around your home. Fill the bag with anything you don't use or love. Place the bag in your car and drop it off at a charitable organization. Repeat weekly.
2. Control your time. Reduce obligations. Learn to say no more often. Even one fewer activity per week can allow you some down time.
3. Do without. Stop impulse purchases. Each item you buy costs more than the purchase price. Consider upkeep costs in both time and dollars.
4. Pare down. Do you really need six spatulas or 30 pairs of shoes?
5. Have a weekly "no noise" day. Turn off the T.V.s and radios. Tune in to nature and your family.
6. Make a list. Split your current activities and tasks into two columns: things I enjoy and things I don't enjoy.
How can you reduce the second column and increase the first?
7. Organize everything. What takes up too much of your time? Simplify your routines, your paperwork, your wardrobe, your life.

Barbara Myers is a professional organizer and author. Free tips booklet and e-zine to help you take control of your time by organizing your life. Visit <http://www.ineedmoretime.com>

K.I.S.S. – Keep It Simple Sweetie

7 Tips to Simplify Your Life

By "Aurelia M. Williams"

We live in such a fast paced world and finding ways to simplify your life can help to create a more relaxed and satisfying life for you and your family.

Simplicity involves freeing your time, money, and energy so that you can pay more attention to what is important to you.

Here are just a few tips on how to simplify your life:

1 – Control your time. Take a good hard look at your dialy schedule and then begin to tweak it so that it is more manageable. You may have to say "no" more often. It is amazing how cutting out just 1 activity a week can provide more down time for yourself.

2 – Don't Sweat the Small Stuff. I know this is easier said than done, but learning to let things go once in awhile is key. So what if the house goes 1–2 days without getting vacuumed or the laundry is put on hold for an extra day. It is important to elieviate some stress that we put on ourselves to get ALL of those little things done at once.

3 – Get Help. If you get to the point where you are feeling overwhelmed with your personal and faimily obligations please get help. There are many places that offer babysitting swaps, you can hire a teenager to help with small cleaning tasks or go to a friend for support. Delegation of tasks is another way to get help. Be sure to use all of your resources and delegate some tasks out to others.

4 – Clear out the Clutter. I know you have heard this one before but I can't stress it enough. Clearing out your clutter is a huge step in living a more simplified life. Make the time to go through your home and sell, donate, or throw out items that you no longer use. This is a large task, so don't try to do it all in one day. Try to set a goal of doing some every week.

5 – Simplify your Meals. Start preparing dishes which will provide several meals. Stews, casseroles, and many other recipes are just as easy to prepare in large portions as they are to prepare in small portions. Meal planning is a money, sanity and time saver – what else could a busy person ask for? Learn how to create a great stree-free meal plan by reading this informative article on Meal Planning

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6 – Take Care of You. During the course of your day be sure to take out time to relax. Carve out at least 30 minutes a day to take a break, stretch or go for a short walk. Be sure that you are getting the proper amount of sleep so that you have the energy that you need to face each day.

Remember that your life is blessed with many different aspects. Keep them all in balance, and they will all be of much greater value to you.

Aurelia Williams, is a certified Personal Life Coach (

) and owner of

Real Life Solutions (

) a Family Resource site that helps you lead an

emotionally & physically healthier, more productive and less stressful life.



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