

# THRIVING ON LESS

*A Minimalist Lifestyle For A More  
Fulfilling Life*

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# Introduction

The idea of thriving on less can sound complicated to many. I mean, how do you expect someone to thrive when there's "less"? Well, while this could get a bit fuzzy, there's no complication about making efforts to become more by doing less and to gain more by being simple. The idea of simplifying one's life and living less comes from the idea of "less is more" which expresses the beauty of simplicity and minimalism. These days, many of us are tired of doing too much because all the things we do too much haven't even been able to provoke a significant change. So, why do we have to keep doing more when we can do less and be more?

While the concept of simple living could be quite attractive, it's important that you understand the meaning of simple living so that you don't get it mixed up. To begin with, there are various definitions one can give this concept because it's not a one-way thing. However, simple living involves focusing intentionally on your relationships, habits, actions, and all other areas of your life to achieve joy and value and to get a sense of purpose as well in life. When you embrace the act of simple living, it incites you to shift your attention to what matters most and helps you achieve

more freedom through the reduction of attachments, distractions, and possessions.

Despite how helpful this principle is, applying it in the society we're in today can be a bit tedious because of the prevailing lifestyle. These days, a lot of us are caught up in this ever-changing and fast-moving system. We live by the system of "it's either you move or you're moved", "evolve or you're extinct," and we feel so pressured by society's influences. On the other hand, technology is making good efforts to save the day. Now, it's easier to become whatever it is you desire. You can travel anywhere you want. You can purchase without being stressed, and a whole lot of things have become easier. But even with all of these, a lot of people are still not happy. Why? Many are finding it difficult to catch up with the pace of society and the speed of change and it's feared that refusing to take part in the social race can make one miss out on something relevant and bring about unhappiness.

The constant up and about of this complicated society ushers in a lot of stress but with simplicity, we can achieve true happiness, a special kind of happiness that's not derived from status or material possessions.

# CHAPTER 1

## THE IMPORTANCE AND VALUE OF LIVING A SIMPLE LIFE





# **Chapter 1: The Importance and Value of Living a Simple Life**

In today's modern world, the idea of living a simple life is getting more reception from people as its value is becoming significantly increased. Simple living is the act of creating space for what matters most and living with less. It's a habit. It's a mindset and it's also a lifestyle. If you're tired of being discontent, feeling lost, broke, depressed, anxious, and stressed, a simple life can save you from all of these because simplicity does unlock lots of benefits that can never be underemphasized. Simplicity helps to get rid of the garment of stress and constant chase that this overwhelming and unfulfilling modern life often tries to wear on everyone and it also teaches us to play our part in making our planet more habitable and secure for the coming generations, make wise daily decisions, live greener, and be resourceful.

## **What is the Meaning of a Simple Life?**

Simplicity is a lifestyle and people define their "simple ways" accordingly. For example, a person's drive, approach, and motivation towards simplicity can be totally different from that

of another. This explains why the lifestyle of living simply isn't a one-way thing and it's not like a kind of lifestyle with given maps that must be rigorously followed by all in an alike manner. I may decide to become more self-sufficient by choosing a life off-grid and another person may choose to avoid modern technology or cut back on certain things. All those point at one common thing — simplicity.

However, simplicity as a lifestyle is all about identifying what really matters, adding quality and value to one's living and appreciating the beauty in less. If there's a particular thing that doesn't fit in this description, then it's considered unneeded. Thus, simplicity aims at creating happiness through the small and simple things in life without having to constantly break the bank. It also enhances your decision-making skills and helps you live more intentionally. Common elements of living simple include living on a smaller carbon footprint, reducing waste output, letting your schedule be more occupied with the things that matter most, choosing a simple diet, replacing or upgrading items only when important, discarding unused and unneeded material possessions, and thriving with your already possessed items.

## **Why is Being Simple Important?**

Nowadays, there's more need to adopt a simple lifestyle because of the unhappiness that lies in the pressure of joining this life's rat race. Our society is driven by growth and change and while there's nothing bad with innovations, the downside of this is that it brews mindless consumerism, raises society's peer pressure, and increases competition where people struggle to meet up and "stay up to date". According to statistics, people now experience more anxiety, stress, and sleeplessness than before, but we can reduce several psychological issues and fix lots of our present-day problems by encouraging a simple lifestyle. For instance:

- Meet your friends in person and reduce your usage of social media applications if you want more real human connection.
- Reduce chores and obligations if you feel too worried.
- Be grateful for what you have if you don't want to become greedy.
- Buy less if you desire to live sustainably.
- Quit the act of comparing yourself with others if you are fed up with your lifestyle inflation.
- Declutter your home if you're tired of the mess in your home or office.
- Live within your means if you are tired of debts.
- Simplify your schedule if you don't want much stress.

# **The Value of Simplicity in Life**

There are lots of values embedded in simplicity. Beyond the need to declutter and reduce your material possessions, these values sum up how incredible and significant simplicity is. Simplicity helps you appreciate inner beauty, find your true nature, know yourself better, enjoy a clear mind and intellect, and appreciate the little things in life. Beyond all of that, its values pose much significance, and here are some of these values:

- Simplicity serves to recognize the true path to happiness which is found in the reduction of certain essentials and not in materialism.
- Simplicity preaches the importance of treating money with care.
- Simplicity helps to caution our unnecessary desires and helps us to know our needs.
- Simplicity encourages a lifestyle that is void of waste and excessiveness.
- Simplicity creates the map to follow to resist false beliefs about wealth, peer pressure, fear, and greed.
- Simplicity emboldens us to treasure our values and not discard our beliefs.
- Simplicity helps to query the need to purchase unneeded products by questioning consumerism.

- Simplicity preaches and supports acceptance of all living beings and their values.
- Simplicity is living more sustainably.
- Simplicity is about keeping a clear and relaxed mind.
- Simplicity helps to value the simple things in life .
- Simplicity helps to avoid unnecessary and disturbing complications.
- Simplicity is calming.
- Simplicity is natural and beautiful.

## **Surprising Benefits of Simplicity**

### **1. Your Finances Improve**

If you've been struggling with your finances, the cure you need may be to practice simplicity. You can be on a more secure footing financially by spending less. If you have a smaller space, there's no need for you to purchase too many things. Buy only what you need and sell what you don't need. Gain control over your finances by planning for the future and investing. All your little sacrifices would be worthwhile when you start enjoying peace of mind.

## **2. You Naturally Avoid Overreacting**

Simplicity helps you understand when you should say a firm and simple no to the things you don't want and yes to what you need. With the awareness it gives you, it makes you have fewer things to worry about and reduces your stress level.

## **3. You Strengthen Your Health**

As earlier mentioned, simplicity helps to reduce your stress. Now, think of the health benefits you'll enjoy when you can keep stress out of the picture. Research has shown that your mental health, blood pressure, mood, and your well-being can be massively affected by stress. Simplicity helps to avoid all of these and makes you more conscious of your health.

## **4. Improved Relationships**

This is where you'll begin to see the value of quality above quantity. There's a high chance that your decision to live simply will cost you some friends but the few friends who stick with you will show you what true friendship is all about because they will accept and value your decisions. This will also create an avenue for you to have a deeper and meaningful connection with them. When you live a simple life, it will be easy for you to interact

sincerely with your friends and you'll also be able to focus on others.

## **5. More Freedom**

A lot of people are living prisoners walking freely without shackles because they're not as free as they think they are. These people cannot live freely without taking momentary pauses to think of the many things they've committed themselves to. Consequently, they must keep working more to be able to maintain their lifestyle. There will be more responsibilities lying on you with the many possessions you own. However, when you choose to simplify, you'll realize that you'll bask in more freedom.

## **6. You Learn More about Yourself**

Simplicity helps you to be thankful for what you already have and gives you the time to reflect. It gives you a free space to learn more about who you are because you're not stressed about how to become the richest or the most fashionable person on earth and you're not distracted by your iPhone.

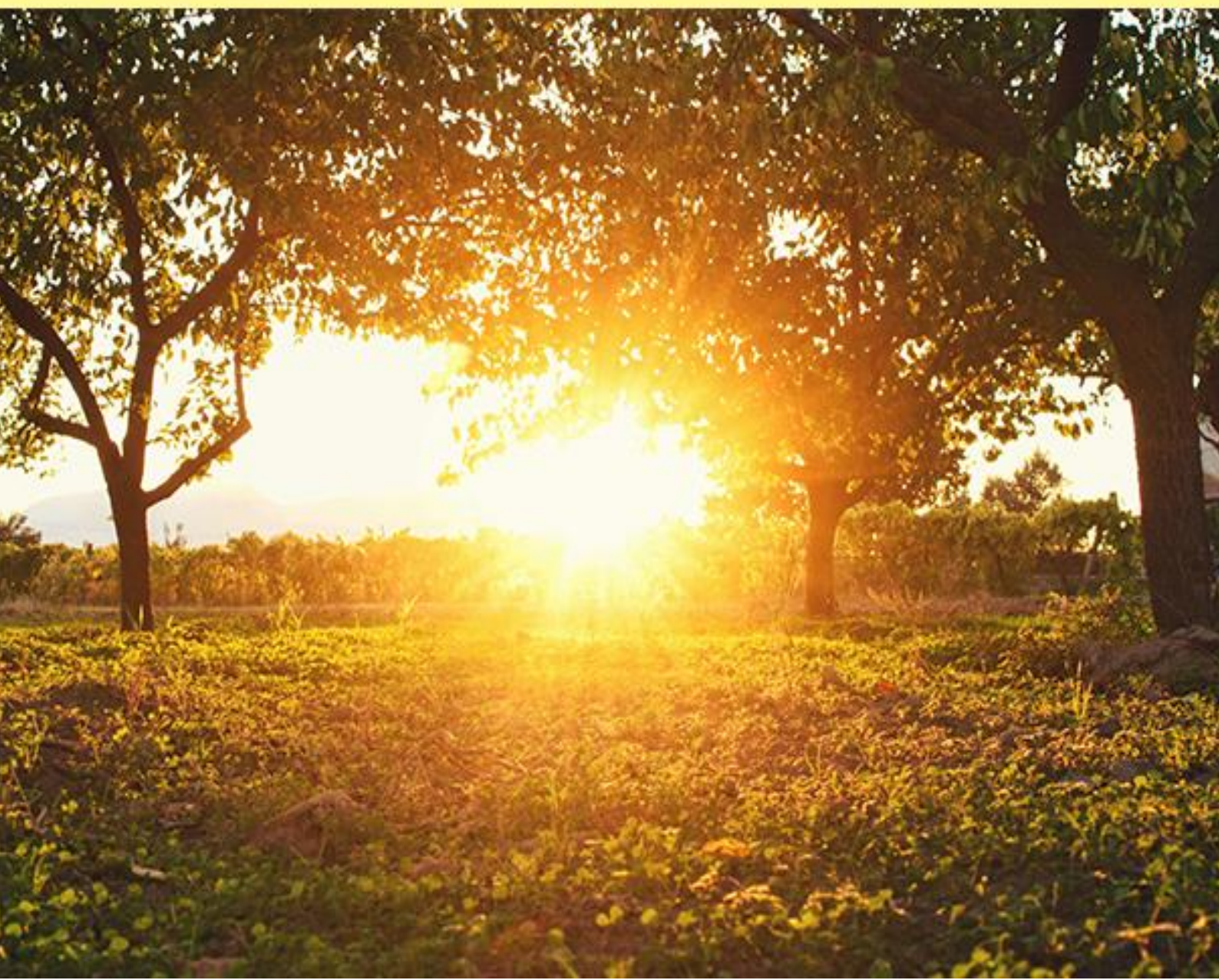
## **7. Your Life is Less Cluttered**

You'll have more free time to enjoy when you embrace simplicity plus there would be no fuss about the need to constantly clean and keep things organized at home. When you have fewer commitments and possessions, there would be a massive reduction in clutter and with this, you would have time to do other things you've always wanted to do, instead of spending a great deal of time cleaning and arranging your space.



# CHAPTER 2

## DEMYSTIFYING SIMPLICITY AND MINIMALISM



## **Chapter 2: Demystifying Simplicity and Minimalism**

Sometimes, one gets confused if simplicity and minimalism refer to the same thing. But is there a difference between these two terms? It's very easy to misconstrue simplicity with minimalism and this is simply because of the many similar characteristics that they share. Simplicity emphasizes the value of living a life that is uncompounded and uncomplicated. It's a lifestyle that encourages you to use what you have and it advocates that you should limit your possessions.

Minimalism, however, focuses on reducing your possessions to as few as they can be. Nevertheless, beyond sustainability, living off-grid, reducing stuff, disposing of things, and decluttering. These two concepts of simplicity and minimalism weigh a lot more. When we adopt the principles of these two lifestyles, we stand to become happier and live a life that's free, purposeful, and meaningful. Due to that, there should not be a case of simplicity against minimalism. Rather, the two should be combined so that one can enjoy a more fruitful result.

# Defining Simplicity, Simple Living, and Minimalism

To have a good view of these lifestyles, it's very good to have a clear understanding of what they mean. However, when we speak of defining minimalism or simplicity, it's important to note that there's no one-size-fits-all definition. This is simply because these concepts have qualities and values that are interwoven in plenty of ways and it's quite difficult to have them separated. Regardless, we can accept that the essence of these concepts is to help us reduce complications, distractions, and possessions so that we can live a happier and better life.

The internet is filled with diverse confusing interpretations of these concepts. Wikipedia defines simplicity, simple living, and minimalism as thus:

- **Simplicity:** The quality or state of being uncompounded, uncomplicated, or simple.
- **Simple living:** Often referred to as minimalism, it's a kind of living characterized by low consumption.
- **Minimalism:** It's a style or design that aims at creating the maximum effect by utilizing the fewest or simplest elements.

With these definitions, we understand that minimalism focuses on accomplishing the best output through the elimination of

several things. This explains why this concept is explained as the design of reducing things to the bare minimum. Simple living embodies the standards of minimalism and centers on a life void of complications.

## **Is there a Difference between Simplicity and Minimalism?**

As earlier said, these two concepts have comparable doctrines. They work together and are complementary. But is there any difference between minimalism and simplicity? Do they only share different labels but have the same perception? Should you prefer one to another and make your choice out of the two? The simple answer to these questions is that simplicity and minimalism are closely related and intertwined and it's best that you adopt both concepts.

## **What is a Simple Lifestyle?**

A simple lifestyle is a kind that dispels anything that may want to cause complications. It focuses on avoiding discontent and stress by walking away from the constantly changing standards that grace this modern day. In other words, a simple lifestyle revolves around appreciating the little things in life, slowing down, being kinder to the planet, and living with already

possessed items. Simple living has been constantly associated with these words and phrases:

- Freedom to be who you are
- Slow living
- Self-sufficiency
- Living off-grid
- Balanced living
- Sustainability
- Caring for the environment
- Intentional living
- Natural living
- Living authentic

These are the principles that a simple lifestyle follows:

- **Abundance is here.** Simple living justifies that the constant chase for material things deprives us of embracing what we already possess. When we start practicing simple living, we'll be able to improve our relationships and overall health because we'll be able to focus on them.
- **Care for what we already possess.** Since simple living helps us to adopt an abundant mindset, we'll be able to take care of our belongings and we won't have to make unnecessary replacements until when it's very much needed. When you



value what you have and the way you live, you won't feel pushed to upgrade your lifestyle.

- **Living slowly and more present.** Simple living helps you to relax, take things slow, and be present. It helps you not to think of checking the time often whenever you're out, let alone thinking of the duties or tasks that are waiting for you.
- **Honoring and preserving nature.** Simple living incorporates ideas that help us to live with a smaller carbon footprint, reduce technology and chemicals, lower waste, protect nature, and improve our planet as it embraces the ideology of living more naturally.

## **What is a Minimalist Lifestyle?**

Beyond style, minimalism is way more. Many are likely to be turned off by the image of a minimalist but this concept isn't just about cutting your life tight. The principal aim of minimalism is to help you ensure that you are only with the right things you need and diminish needless distractions. Minimalism also helps you enjoy a bright, clean, and organized space, and aids you to live your best life by getting rid of digital, mental, and physical clutter.

Minimalism has been constantly associated with these words and phrases:

- Freedom from excessiveness
- Massive reduction/elimination
- Going for only what matters
- Reducing
- Austerity
- Anti-consumerism
- Capsule wardrobe
- Decluttering

While a minimalist lifestyle seeks to create more time, space, and freedom for the most worthwhile things, many tend to have different definitions for a minimalist lifestyle. Nevertheless, minimalist living focuses on the same idea of being intentional just as simple living does and cares less about "the label". It values the action of living with less.

With this, you should know that simple living and minimalist living are only interpreted differently but they mean the same thing.

These are the principles that a minimalist lifestyle follows:



- **Mindfulness and intentionality.** Minimalism helps you create adequate time and space to be more conscious of things that are very valuable to you and avoid distractions.
- **Freedom from possessions.** Modern culture has made us believe that happiness only lies in constant acquisition but there's more freedom that lies in derailing from the consumerism culture.
- **You choose your path.** Minimalism encourages you to enjoy the moments completely and become more present by



slowing down and not riding along with this modern, fast-evolving world.

- **Fewer worries, anxiety, and stress.** Your worries will gradually diminish and your anxiety will begin to fade when you embrace minimalism and oblige to fewer material possessions.

# CHAPTER 3

## CHALLENGES OF BEING A MINIMALIST AND SIMPLIFYING YOUR LIFE



## **Chapter 3: Challenges of Being a Minimalist and Simplifying your Life**

Just like a friend said, "life comes with different strokes for different folks" and this saying justifies that life doesn't have a one-size-fits-all approach. While some people are only fascinated by accomplishing their next big career move and have their eyes fixed on nothing but work, some are only interested in immersing themselves in their hobbies. Likewise, we have people who choose to be maximalists, and, of course, there are minimalists who believe in the concept that less is more. And guess what? These two kinds of people are happy, as they define and derive their happiness in their own way.

Permit me if I sound a bit biased. People who choose to live simple and be minimalist enjoy more happiness and peace of mind. Simple living and minimalism are paths towards life's fulfillment and peace and it's as well about prioritizing and choosing quality over quantity. However, the world we live in today doesn't seem to fancy this idea of living because the globe

is hugely focused on consumerism and excessiveness. We're often "inspired" to constantly "be more" and "go beyond." Society makes simple living a countercultural thing and this is one of the biggest challenges.

## **Why Simple Living is Not So Simple**

It's funny that simple living itself isn't a simple thing to do and this is due to some of the factors attached to it. Simple living does help you achieve comfort and better functionality through decluttering. It encourages balance and rest, and gives you loads of free time to do what makes you happy. While the benefits of simple living can be so motivating to commit to it, its adoption may not be as easy as it appears to sound because it's not something that happens overnight. Altering your behaviors and expectations takes massive effort. It could also be hard to change your habits and cut back. Here are more reasons.

**Simple living requires introspection.** Introspection means self-examination and you can also refer to it as the act of looking inward or reflecting. Today's world is driven by a busy culture that slowing down to think is almost impossible. Our homes are pumped up with different stuff, our schedule is a mess, and we're constantly seizing every free opportunity to gaze at the screen. It

takes introspection to live simple and it's necessary that you're conscious of the actions you take.

**Simple living requires time.** It may be called simple living but it's not that simple. It takes time. Everything takes time and this doesn't leave simple living out of the picture. On your journey to simplicity, you'll meet tons of bumps. There will be people who will be critical of what you are doing. Some will be curious and bombard you with millions of questions but above all, you'll be able to find a few supportive people who will understand and respect your decision. It may also take time before some of the people in your life understand the rationale behind your decisions.

**Be ready for criticism.** Well, it's better to be prepared than to be caught off-guard. I already mentioned this slightly in the previous point but it's important to include this as another point on its own. A lot of questions and objections will likely be directed toward you. Look forward to expressions like “I could never do that!” and “I just hope he's in his right frame of mind.” During your transition period, you'll get to see how self-centered some people can be.

**Simple living isn't for everyone.** Simple living may sound "super cool" but you may not be willing to give it the efforts it demands. Simple living often demands that you're not glued to superficial things and it may likely cost you some friends who may not be in support of your worldview. It all boils down to you being aware of what truly matters to you.

## **Challenges of Being a Minimalist**

Minimalism helps you enjoy more happiness, more time, and reduced time, but like every other worthwhile thing, it takes hard work. There are some challenges you're bound to experience and it's important that you are aware of them.

**1. The purging may be unending.** From selling off items to making donations and discarding to recycling, you may be exposed to constant purging, especially if you're someone who has the tendency of consuming, which means that you'll keep having more stuff despite all your efforts to remain minimal. You must be ready to accept that it takes time and effort to declutter and you can choose to either enjoy the activity of removing materials or complain about how it could be overwhelming.

**2. It often feels time-consuming.** Sometimes, you'll have to invest your time so that you can reap more time. From being engaged in composing your marketable descriptions to taking photos and driving to where you want to donate or resell your items, you will need time to do all of these.

**3. You must embrace letting go.** Let's be truthful, letting go can be very hard, especially when you're emotionally attached. However, you must be willing to let go after you've asked yourself if that item brings you happiness, it's used often, or it's serving a good purpose.

**4. It challenges you as a family.** When you have a family, being a minimalist can be quite challenging because you have the tendency of accruing more possessions. Therefore, you must be ready to constantly purge.

**5. Retailers don't make it easy.** These guys want to sell and we can't blame them for that. They keep attracting and distracting us with their latest clothing trends, beautifully decorated household items, and sale signs. While it could be easy to get incited to buy goods with the art and science used by retailers, you should ask yourself if you need to buy and why you must. These questions can help to put you back on track.

# CHAPTER 4

## HOW PERFECTIONISM AFFECTS YOUR SIMPLICITY





## **Chapter 4: How Perfectionism Affects your Simplicity**

One truth most of us don't like hearing is that we're all perfectionists of our own accord. We choose not to relent and never stop and we're driven to keep running because we're passionate about being excellent. We strive to keep to our high personal standards by spending a lot of time and attention on whatever we do and we keep setting high standards for ourselves by raising the bar higher. However, what we often miss out on is that perfectionism, when at a high degree, can make us scared of forging ahead. It can make us start setting unrealistic standards and hinder us from being our best and living a simple life.

### **Why Perfectionism isn't so Perfect?**

Being a perfectionist can be so time-consuming because you'll be so busy trying to make everything look exactly as you want them to be without giving room to any flaw. While having a sense of perfectionism can be somewhat helpful, it's important that you know that it poses a couple of worrisome effects which make it harmful.

## **1. Less Efficiency**

Perfectionism makes you keep lingering on a task. It makes your eyes stay on the flaws alone and redirects your thinking to what could be improved. Even when you're done, your mind is still occupied with improvements that must be made. As you keep going back and forth and continue to linger, you'll begin to spend more time and exceed the time you were given to complete the task. It's important for you to have a sense of understanding of the level of “good” and what's “best” so that you'll be efficient. More so, be aware that perfection is unattainable and oftentimes, no one will expect that from you. Do your best and leave the rest so that you won't end up being late and all your efforts won't end up being thrashed.

## **2. Less Effectiveness**

Most times when we're asked to do something, we tend to think of what we could “add” to make it look better and improve the value. In our pursuit of this “good addition”, we're not conscious of the plenty of things we could ruin. For instance, your blog's layout can become very messy when it's tightly filled with many add-ons. More so, you can get listeners confused if you keep adding unneeded details to a presentation.

### **3. More Procrastination**

You stand to overcomplicate a project when you give in to perfectionism. What should have been a simple thing to do would gradually turn out to be something quite intimidating, which will eventually turn you into the greatest procrastinator of all time. There will never be a perfect moment to start living simply. You must seize the moment and start living your life. Plus, don't overthink it. I mean, why would you? Just look at what you stand to achieve and stay focused and committed.

### **4. Missing the Bigger Picture**

While perfectionism drains you with what could be better and makes you ruminate on perfecting what you're doing, it tends to keep you blinded to the bigger picture. As you remain glued to the details, it becomes very impossible for you to see what lies ahead. Simple living fetches a lot of benefits and when you keep thinking without getting things done, you'll just keep running around the same circle and may probably miss the bigger picture.

### **5. Stressing Over Unfounded Problems**

Yes, when you constantly try to attain perfection, your brain will become so engaged that you'll keep looking for what could get wrong or what would surface. After that, you'll proceed to think

deeply about these things. As you begin to overthink and overwork your brain, you will become stressed out because of the many things that are going on in your brain. You may even suffer persistent headaches and may eventually have to forfeit the day to rest so that you can feel better.

## **When Perfectionism Becomes a Problem**

It would be hypocritical to say that perfectionism is totally bad. Perfectionism does have plenty of advantages too. It helps us become better and makes us perpetually pursue excellence. Where the problem lies is that most of us become so obsessed with setting high standards. We'll only have our eyes on what we consider perfect and it's only that "perfected" project that would give us a good feeling.

Perfectionism becomes a problem when it grows into maladaptive perfectionism and people with maladaptive perfectionism can suffer increased levels of anxiety and depression with the perfection they constantly strive for and the high expectations they keep setting for themselves. Basically, their mental health goes through a lot of damage. The way forward is that you should not sabotage your personal growth efforts by becoming a maladaptive perfectionist. You can be a

healthy perfectionist by managing your perfectionist tendencies with great care.

## **Keeping Perfectionism in Check**

Becoming a healthy perfectionist is the best way to manage your perfectionist tendencies and there are a few tips you can make use of for this.

**Draw a line.** You'll not be able to accomplish much if you're so obsessed with details. In fact, it could be quite tiring and draining. So, make sure you know where to draw the line.

**Be conscious of trade-offs.** When you're so focused on a particular task, you may not be able to attend to other tasks that need your time and energy. You'll be able to draw a better line when you're aware of the involved trade-offs and you have lots of things to do.

**Get a View of the Big Picture.** There's an objective for all the things we do. When you have your eyes on the big picture, you'll be able to understand what matters most and you can ensure that all your weekly and monthly goals are propelling you towards the big picture.

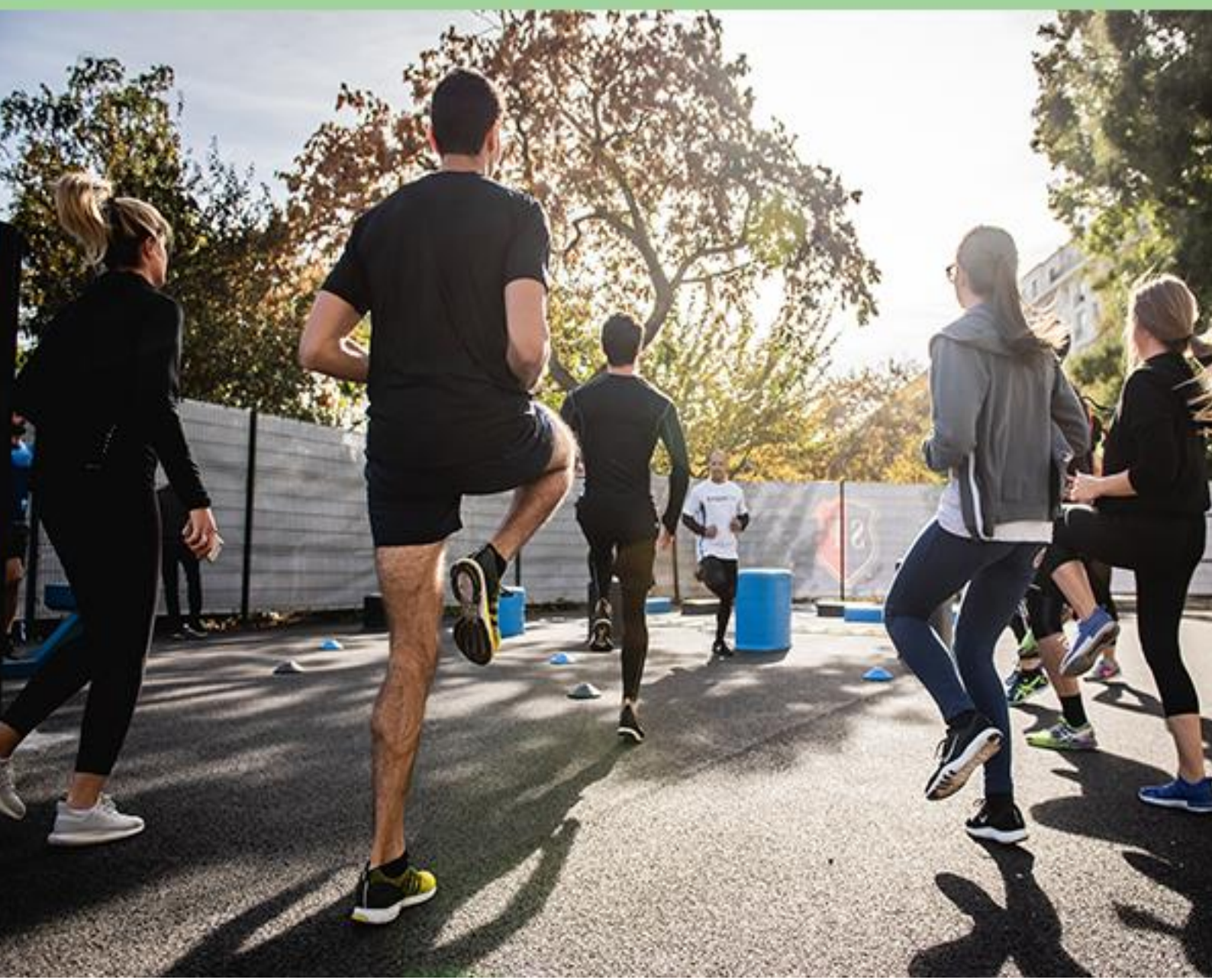
**Set a time limit.** If you do not set a time limit, you may be tempted to keep moving around and looking for things to

improve. Having a time limit will keep your tasks and activities time bound.

**Be okay with mistakes.** Mistakes are part of life and it's highly ineffective to achieve 100 percent perfection. Know that you'll be able to grow and learn more when you open yourself to making mistakes.

# CHAPTER 5

**SIMPLE BUT POWERFUL  
DAILY ROUTINE FOR A  
HEALTHIER LIFE**





## **Chapter 5: Simple but Powerful Daily Routine for a Healthier Life**

The habits we set, unhealthy or healthy, small, or big, come together to form our routines and we begin to perform these activities without any prior thought. Habits are very powerful and this explains why we must build good ones. In fact, building good habits is half the battle, sticking to healthy daily routines is weightier. You'll be able to live a healthier and happier life when you commit to positive daily routines. More so, you'll be able to regain wasted time and be re-energized when you find and adopt the right daily routine.

### **The Significance of a Daily Routine**

Your routine is made up of your habits and it's one of the major factors that determine if you'll have a poorly planned day or operate at peak efficiency. However, note that there are two major kinds of routines: draining, inefficient routines and energizing, time-saving routines. You can choose either of the two but it's advisable that you go for these energizing, time-saving routines because your productivity, well-being, and



overall health can be improved by these healthy routines. You can set yourself up for success with an excellent daily routine but you'll be doing yourself more harm if you choose to keep open-ended schedules, go with the flow, and be adventurous by rejecting routines.

Routines are very important because:

- They make us more efficient
- They reduce our need to plan
- They create structure in our lives
- They help us save time, which is our most valuable resource
- They instill good habits
- They break bad habits
- They help us become more proficient
- They help us get the most important tasks done
- They reduce the need for determination and willpower
- They reduce the need for procrastination, reduce stress, and facilitate relaxation

## **Simple Daily Routines for a Healthy Life**

There are a couple of healthy daily routines you can set to enjoy a healthy life. These routines are just some simple stuffs and

they're potent enough to help you become the best version of yourself.



**1. Kick off the day with a glass of lemon water.** Do you know that you can keep yourself protected against inflammatory diseases by just taking a glass of lemon water? Yes, you can. So, do well to oblige to this simple act every morning to keep the levels of your body acidity low.

**2. Exercise in the morning.** You don't need to spend too much time doing this. You should be fine with 20 or 30 minutes daily. The importance of exercising can never be

underemphasized, especially in the morning, because it fosters good lymphatic function and enhances your energy levels.

**3. Eat a good breakfast.** If you've been skipping breakfast, make sure you quit that habit now. Now is the time to be more conscious of what you take for breakfast. From low-sugar granola bars and a vegetable omelet to yogurt with nuts and berries, there are lots of options for a healthy breakfast you can have.

**4. Stay hydrated.** Throughout the day, make sure you have water or any low-sugar drink available to drink. You can suffer decreased concentration and lowered mood when you're dehydrated.

**5. Get a healthy lunch.** Just as breakfast is important, your lunch is vital too. Let your daily routine include grabbing a healthy lunch and you can always look out for healthy lunch ideas to have more ideas on the options you have.

**6. Take time to relax.** We all know how hard work is important but you must also rest so that you won't break down. If you don't want to suffer high blood pressure, depression, and

a host of other health conditions which are often rooted in high-stress levels, make sure you create time to rest daily. You can engage in a simple act like meditating, spending time with a pet, reading, or journaling to relax.

## **Daily Routine for an Organized Life**

**1. Make your bed.** Don't be so hasty that you rush off to work without making your bed. You can get yourself inspired to be more productive and organized when you engage in the quick chore of making your bed.

**2. Plan ahead.** Before you go to work tomorrow morning, use the night before to ensure that everything you need at work or wherever you're going in the morning is set. Whether it's your clothes or equipment, make sure you have everything sorted a night earlier.

**3. Put everything back where you found it.** Most of us are guilty of not returning things to the way we found them. Once we're done using an item, we bother less about returning it appropriately to where we took it from. Don't do this.

**4. Check your list of essential items.** Check if you have your water bottle, ID card, your house key, wallet, and other essential items with you before you leave for work. It's recommended that you should write all these things on a piece of paper and paste it at the front of your door so that you can glance at them before you leave to be sure that you're not leaving any important thing behind.

**5. Prioritize your tasks.** It's best that you have your tasks sorted into different categories such as urgent, important, not important, and the likes. This will enable you to be able to prioritize effectively.

## **Daily Routine for a Stronger Relationship**

**1. Kiss your partner goodbye.** I know it's very easy to forget this and even cancel it like it doesn't matter much, especially when you're getting late for work or an important meeting. Therefore, you should go to bed early so that you can wake up early enough. A simple act like this can help to solidify your relationship.

**2. Create little daily rituals.** There's power in the little things we do. This is exactly what simple living is all about anyway.

From texting a joke to your partner during your lunch break and writing messages to leaving little notes, you can improve your bonding with the little actions you create.

**3. Schedule a date night.** Don't be too busy to ignore this. In fact, this is very necessary if you already have kids because it shows that you're not overlooking your relationship.

**4. Create a bonding bedtime routine.** What do you do when it's you and your partner left at nighttime in bed? Do you just say good night and you both close your eyes and expect sleep to come? Try to bond more via pillow talk and it will be great if you two go to bed at the same time.

# CHAPTER 6

## PRACTICING THE GENTLE ART OF SAYING NO



## Chapter 6: Practicing the Gentle Art of Saying No

One of the reasons why a lot of people live a complicated life and find it difficult to adopt a simple lifestyle is because they cannot say no to certain things that keep stretching and making them more stressed. You have a high chance of becoming more productive when you learn the art of saying no. If you don't, you may not be able to get things done, you'll become worn out, and you'll keep taking on too many commitments, which can be quite draining.

When you don't know how to say no, you're prone to becoming a serial people pleaser and you won't be able to live your life because you'll be so busy trying to live up to people's expectations. You'll be left with a jam-packed schedule that will often leave you unfulfilled and overwhelmed. When you learn the art of saying no, you'll be able to simplify your life and get rid of things that don't matter. You'll be able to focus on what's more valuable to you and your levels of stress will massively reduce.



## **The Importance of Saying No**

If you have always been a "yes" person, you really need to watch it because if you keep saying yes to everyone and everything, you'll only get drained and used. For you to be able to see the world differently, you must learn to say no. However, this is not to tell you that you should say no to everything. Practice saying yes to only what's important and not to everything you feel you should be doing and you are not doing yet. By practicing the art of saying no, you're indicating that you're not after quantity but quality and you choose not to react to everything.

Successful people are never scared to say no because they know how valuable it is. Oprah Winfrey once commented on how weighty it is to learn to say no and Warren Buffett, one of the world's richest men, also sees no as an integral component of his success. He wrote that people who say no to almost everything are those who are "really successful" and this single act is what separates them from those who are "successful". You'll be able to manage your time better when you learn to say no and you'll be able to focus on fewer things and perform excellently if you practice the art of saying no. Simple living is a kind of lifestyle that focuses on less and you'll not be able to adopt this lifestyle if you are reluctant about saying no.

## **How We Are Pressured to Say Yes**

It would be very hypocritical to say that we're not always pressured to say yes. I mean, the major reason why many of us find it challenging to say no is because of the pressure to say yes. Right since when we were younger, we were made to believe how important it is to say yes. In fact, there are times when we were made to sing the song "do not say no when you need to say yes". Today, we're still mandated to say tons of yeses before we can graduate, get a job, be promoted, and keep a relationship. Keeping friends is even difficult if you aren't willing to say yes.

We say yes because we cannot resist it due to the circumstances involved, we say yes because we were made to believe it's the key to unlocking success, we feel it's the right thing to do, and we kind of feel good too because we'll be helping someone when we say yes. Besides the pressure from others and involved circumstances, there's also no limit on how we mount pressure on ourselves to say yes. Our desire to meet up and our penchant for comparing ourselves to others who appear to be doing way better than we are drives us to say yes. We're also coerced to say yes to more material possessions because we want to be seen as being fit, capable, modern, and trendy.

## Ways to Start Saying No

Learning to say no can be a bit hard but your life can be transformed if you can summon the courage to start saying no to certain things.

**Ask yourself if you're obligated.** When you feel obligated to certain things, it will be very difficult for you to say no. Because you don't want to be seen as being irresponsible and get your image tainted, you might feel compelled to say yes. Thus, the first thing you should do to know if a certain thing is worth your yes is to check your obligation to it. If you're not obligated and you affirm it's not a duty you owe to yourself, then you don't have to say yes.

**Resist FOMO — fear of missing out.** Another reason why we're always scared of saying no is that we feel we'll be missing out. An upgraded version of the iPhone series just got released and you're so anxious to get it because you want to test its abilities since everyone is talking about it. But then, the one you're currently using was once a recently released upgraded version. Where does it end? How long will you keep chasing? It's very important that you check yourself if you're always eager to join the crowd and you are so shy that people would see you as

someone who's not progressive when you choose not to constantly "upgrade" as society demands.

**Check your assumptions.** A lot of people are quick to drown themselves in the many things that could go wrong when they say no. They fear what the reaction would be because they don't want people to lose their respect for them and they don't want to be disappointing. For this, you must learn to express your no in an assertive manner, and with the boundaries you set, people will begin to respect your decision.

**Don't be quick to agree.** Learn to give yourself the time to decide. Sometimes, all you need is a little time to reflect on how available and ready you'll be for a task.

**Express your "No" with kindness and transparency.** The fact that you're saying no doesn't mean you should be rude with it. Let your no be a clear one and communicate it with kindness and you don't have to give a long narration about why you can't say yes.

# CHAPTER 7

**HOW TO START LIVING  
IN THE MOMENT AND  
STOP WORRYING**



## **Chapter 7: How to Start Living in the Moment and Stop Worrying**

Oftentimes, we're told how important it is to live in the moment and the many advantages it can fetch. Of course, there are lots of benefits associated with living in the moment and the lowered anxiety and stress levels do make it worthwhile. However, it doesn't seem as easy as it sounds because, at times, we get to worry too much about what has happened (the past) and what will happen (the future). So, how do we free ourselves from this bondage? Worry not; all of these will be explained.

### **Why Living in the Moment is Important?**

According to one of Buddha's quotes, a healthy mind and body is one who earnestly and wisely lives in the present moment and not one who anticipates troubles, worries about the future, and mourns for the past. Though living in the moment could be a bit challenging, you stand to enjoy an array of benefits if you can.

## **Better Health**

Obesity, heart disease, and high blood pressure are some of the health consequences that have been associated with stress and anxiety. You can reduce your levels of stress and anxiety when you start living in the moment. Research has also shown that your psychological well-being can be improved when you stay present.

## **Improve your Relationships**

We all know how relationships are important to us as humans. As social beings, we cannot survive on our own because we need each other to survive. With the quality relationships we build, we get to enjoy a better living. If you desire to improve the quality of your relationships, you should start being present because it helps to form a deeper connection.

## **Greater Self-control**

Living in the moment helps you enjoy better control of your emotions, body, and mind. Since you know how dangerous negative emotions and a racing mind are, you'll not doubt that you'll enjoy more happiness and peace when you're able to exert control over your emotions and being present solves it all.

## **Why Do We Worry?**

It's easy to sing "don't worry 'bout a thing" but sometimes we just can't help but worry. But then, it's foremost important that you know the difference between concern and worry. While concern often involves a real problem with realistic solutions, worry is often associated with unrealistic thinking. Oftentimes, we worry over what we shouldn't worry about, we think of the worst that can happen, or even plunge ourselves deeply into ruminating on a nonexistent problem.

The thing is that most of us don't know how to deal with life's uncertainty and this is one of the major reasons why we worry. Another reason why some people worry is due to the many commitments they've committed themselves to and as a result of that, they're constantly worried about what could go wrong and how they can be prepared for "rainy days." Simple living solves this — declutter and enjoy freedom. An economic downturn, civil unrest, issues that are not in our control, and serious health issues can also make us get worried.

## **Why Should You Stop Worrying Too Much?**

It's a good thing to think of your future but would you neglect the now because you're not sure of what the future holds? Worry



steals your joy and you'll be exposed to negative thinking and stress when you're so focused on the future.



**The present moment is your moment.** No matter how much you think of what would be, the only thing you have is now; this moment. The only moment you can control is right now and it's up to you to decide if you want to loathe it or enjoy it.

**Each moment is a gift.** Once this moment is gone, you won't be opportune to have it again. In fact, you can never be sure of the moments you have to experience on earth. No one knows when they'll have no opportunity to celebrate any moment again

and since you have the opportunity now, it's best you enjoy it. Every moment is a gift, value it.

**Being present reduces your stress greatly.** You're bound to experience stress when you constantly think of the past and the future. Stress can affect your emotional, physical, and mental well-being. You'll be able to become more present when you are more conscious of your thoughts.

**You'll become happier.** Happiness is never far away, we're just the one who chooses to be unhappy. Our thoughts on what we could have, who we could have been, or who we should be leave us sad. It's up to you to decide if you want to be happy and you may be prevented from enjoying the beauty of now if you're too future-focused. So, learn to stay present.

## **Steps to Start Living in the Moment**

For you to start living in the moment, you need to find more clarity and balance by following these three simple steps.

**1. Overcome worrying.** The first step is for you to conquer your worries and to achieve this, you must do two things. The first one is to calm your mind. You'll enjoy better clarity when

you do this. You'll be able to live in the present when you calm your emotions and your confusion will as well be reduced when you calm your mind. Note that confusion and uncontrolled emotions are what often fuel unrealistic thinking and you'll be able to think more realistically when you have a calm mind. The second one is to shift your focus from problems to solutions. In a world where a lot of people are problem-oriented, choose to be solution-oriented because it helps you see the light in the dark.

**2. Recognize Obstacles to Living in the Moment.** From outside influences to the conflicts in our minds, there are tons of reasons why living in the moment is quite challenging in the world we live in today. One of the obstacles to living in the present is a racing mind. A racing mind makes it difficult for one to slow down and makes one feel so agitated. A troublesome past and unpleasant situation can also make living in the moment painstaking for some people. A wandering mind and outside influences are other stumbling blocks and you'll know how to overcome these obstacles when you're able to identify the one that's impeding you from being present.

**3. Practice Mindfulness.** Mindfulness itself focuses on living in the present and it helps you to be in touch with reality, be conscious of the moment, and be aware of the world around you,

your emotions, mind, and body. There's an array of mindful practices you can choose from and you can commit to anyone that suits your lifestyle and appeals to you the most. You can try mindfulness meditation, mindful breathing, mindful walking, or mindful eating.

Here are more tips that can help you live in the present:

- Practice gratitude
- Tap into nature's rhythms
- Slow down and breathe
- Discover What You Want
- Focus on quality exercise and not quantity
- Work through emotional turbulence
- Spend quality time with your family every day
- Mix up your workspace
- Get enough sleep
- Enjoy a moment with a neighbor
- Tap into your creative self

# CHAPTER 8

**MORE TIPS TO  
SIMPLIFY YOUR LIFE**



## **Chapter 8: More Tips to Simplify your Life**

You stand to enjoy more joy, freedom, and balance when you simplify your life. Although it may not be easy at first, the benefits you enjoy from adopting a simple lifestyle will keep encouraging you to continue simplifying your life and remove all distractions.

### **Important Things to Simplify in your Life**

When it comes to simplifying your life, there are certain areas of your life that you must pay attention to and simplify. To start living a life that's happier and more balanced and step into simple living, you must simplify these things.

#### **1. Your Possessions**

This is the first thing you must simplify. The goal of simplification is never to degrade your life but to ensure the reduction of possessing anything that can complicate your life. While it could be quite interesting and joyful to have material possessions, they can also serve as a barrier that obstructs you

from living the kind of life you love. Besides that, they can affect the relationship you have with your loved ones and they can also drain your attention, energy, and bank account. You'll not regret decluttering because it always aims at helping you to get rid of what doesn't matter in your life.

## **2. Your Time Commitments**

Time is the most precious resource on earth and if you use it carelessly, it's more like you're using your life without care. Normally, we tend to have many commitments. From our hobbies and religious activities to community events, children's activities, home, and work, there's usually an endless list of the things we must do. To start simplifying, you must start thinking of prioritizing the commitments that offer the best values and you can release yourself from others that do not have any value.

## **3. Your Goals**

I know we all want to make it and we have several things we would love to achieve but having several goals can be very overwhelming and make you feel stressed. The idea is not that you shouldn't set goals but you should make sure you do not set excessive goals. The beauty of doing this is that your success rate and focus will improve. So, have a clear view of your goals and

what you truly want for yourself, and go for the ones that matter most to you.

#### **4. Your Negative Thoughts**

Well, this is more like complete eradication because negative thoughts don't seem to offer any benefit. Have you ever seen any human whose quality of life was improved by jealousy, hate, bitterness, and resentment? Virtually all negative emotions have nothing to offer because they're all "negative" in their proper sense and do well to be more responsible for your mind. Use positive thoughts to replace negative thoughts and learn to let go of past hurts.

#### **5. Your Debt**

These days, being in debt is very easy, and if you are not careful, you can find yourself swimming in a large pool of debts. If you have debts hanging on your neck, here's what I want you to do. Get a pen and a paper and write down your debts. Look at your income and start thinking of how you can make commitments to settle your debts gradually. Note that debts will always hold you down and make you a captive. You must do what you can to stay out of its trap and regain your freedom. This, may, however, cost you to sacrifice luxury but it would be worth it in the long run.



## **6. Your Words**

A lot of people can talk without ceasing. They know how to push themselves into uninvited discussions and they'll always want to talk, even when they should listen. Learn to use fewer words. This doesn't mean you shouldn't talk when you must but keeping your speech precise and truthful is way better than "being too flamboyant with words". More so, stay away from gossip. Say what you mean and mean what you say.

## **7. Your Artificial Ingredients**

Stay away from excessive sodium, high-fructose corn syrup, refined grain, and trans fats. You'll have better health and an improved energy level when you reduce your consumption of these ingredients. Additionally, perpetual over-the-counter drugs aren't so good for the body and you should do well to reduce how you consume them. Rather than increasing your reliance on these substances, letting your body heal itself naturally can do you a lot of good. Please take note that this doesn't mean you shouldn't go for medical treatment when it's needed but it's to tell you that there are very minor issues that only require you to relax and not to take over-the-counter drugs plus it would be better to visit the hospital for a proper checkup if you have a worrisome ailment.

## **8. Your Screen Time**

Addiction to technology, video games, movies, and exorbitant focus on television can massively affect your life beyond your comprehension. When you stay glued to your screen and you generously give it all your time, it will affect your outlook and attitude and may also rearrange your values. Funnily, we don't get to quickly notice the level of effect too much screen time has on us. So, know when to turn off the screen and be careful of its influence.

Never forget that simplifying your life is all about the simple things you can do to make your life better and here are more tips you can make use of to live a simple lifestyle:

- Set 1-3 goals for yourself every month
- Carry a water bottle everywhere
- Slow down
- Write your to-do list before bed
- Listen to podcasts and audiobooks
- Plan your workouts
- Bulk unsubscribe from emails
- Start a capsule wardrobe
- Follow a quick morning routine
- Declutter your closet
- Gain control of your time

- Take charge of your money
- Cut out toxic people
- Limit your buying habits
- Do what you love
- Spend time with people you love
- Live life more deliberately
- Fill your day with simple pleasures

# Conclusion

A simple life makes you feel contented and it empowers you to be more present. To enjoy the freedom and happiness that comes from simplicity, you must break out from this chain of racing that engulfs living in this modern day. Yes, it's possible to start living a simple life today. You'll be amazed at the level of freedom you'll experience and the many rewards that await you when you choose to practice simplicity.

To start living a simple life, you must be willing to find meaning in the quality of your life and the little worthwhile things you possess. Go slow, take your time, and most importantly, discard the mentality of the need to "constantly upgrade". All the things you need to know about how to live a simple life and how you can be happier by having less have already been packed in this book and it's up to you to make it all count. Go simple today and start enjoying more with less. Ciao.