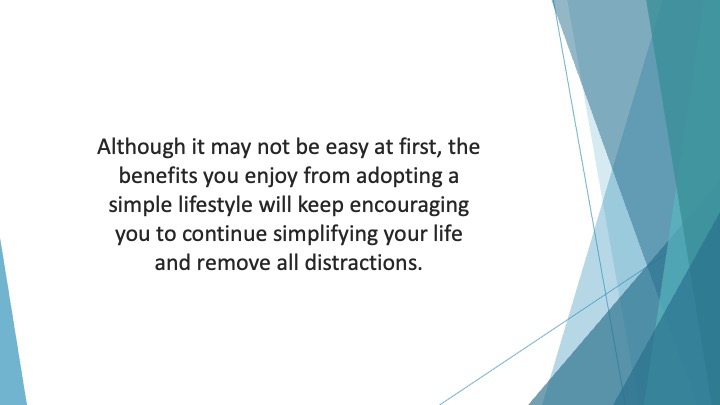
**Chapter 8: More Tips to Simplify your Life**

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**S1** : In this video, we’ll talk about “More Tips to Simplify your Life”

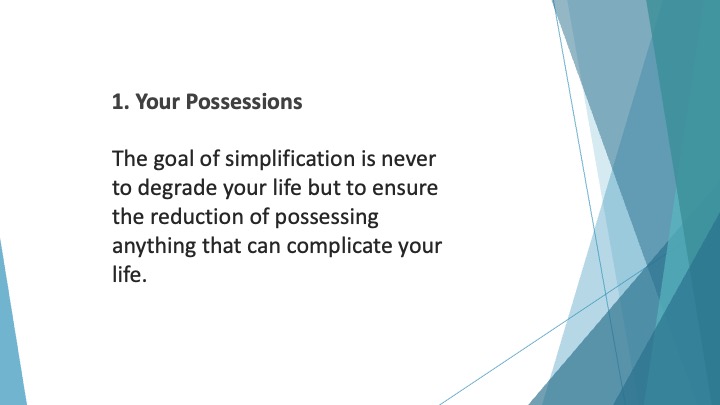


**S2 :** You stand to enjoy more joy, freedom, and balance when you simplify your life. Although it may not be easy at first, the benefits you enjoy from adopting a simple lifestyle will keep encouraging you to continue simplifying your life and remove all distractions.



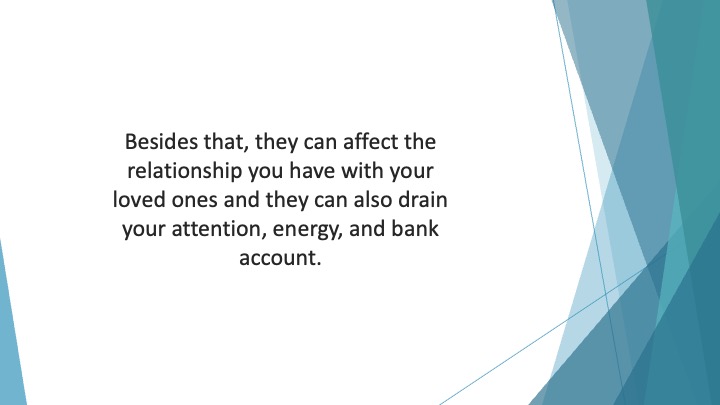
**S3** : Important Things to Simplify in your Life

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.

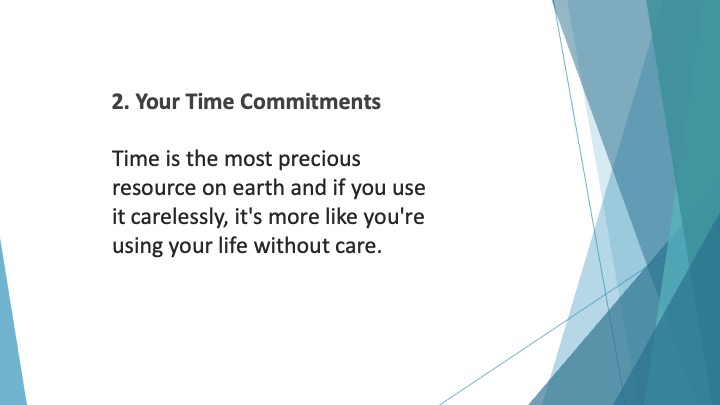


**S4** : 1. Your Possessions

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.

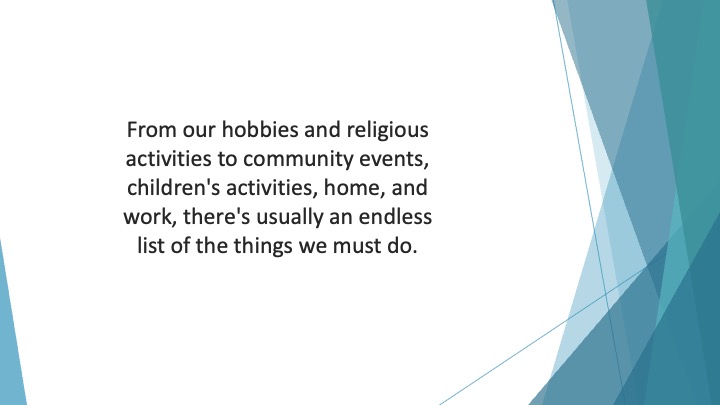


**S5 :** Besides that, they can affect the relationship you have with your loved ones and they can also drain your attention, energy, and bank account. You'll not regret decluttering because it always aims at helping you to get rid of what doesn't matter in your life.

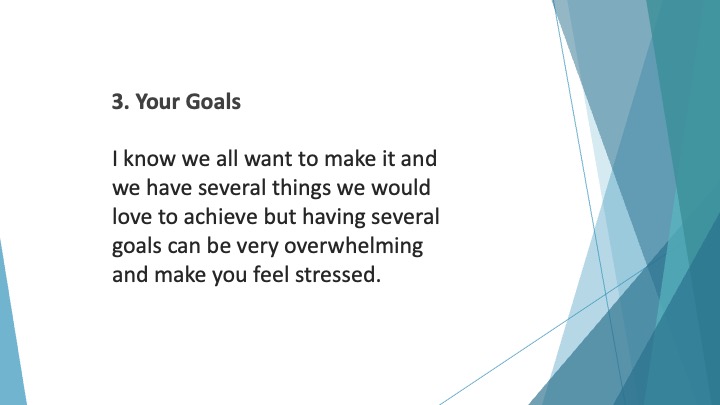


**S6 :** 2. Your Time Commitments

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.

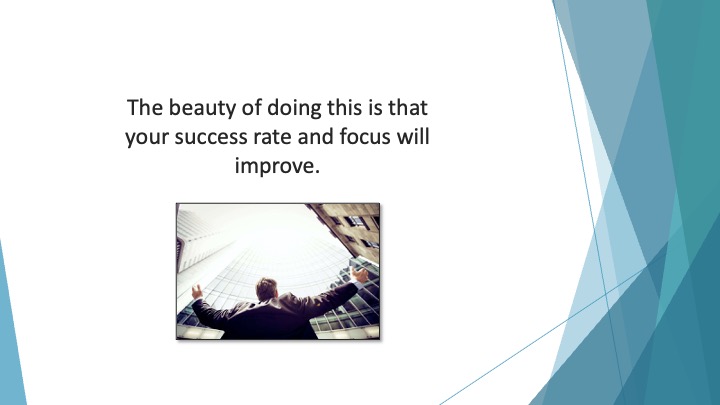


**S7 :** From our hobbies and religious activities to community events, children's activities, home, and work, there's usually an endless list of the things we must do. To start simplifying, you must start thinking of prioritizing the commitments that offer the best values and you can release yourself from others that do not have any value.

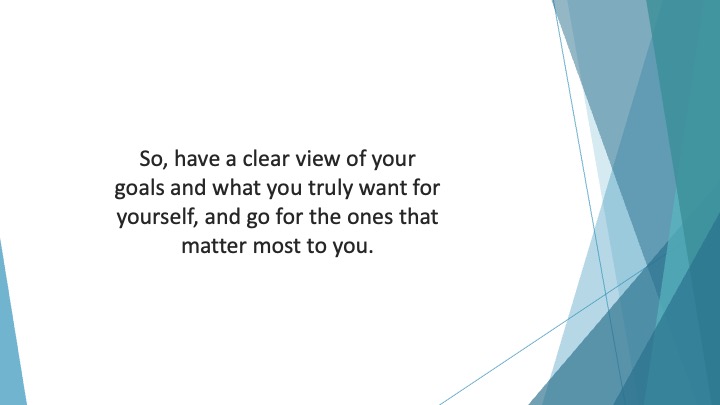


**S8 :** 3. Your Goals

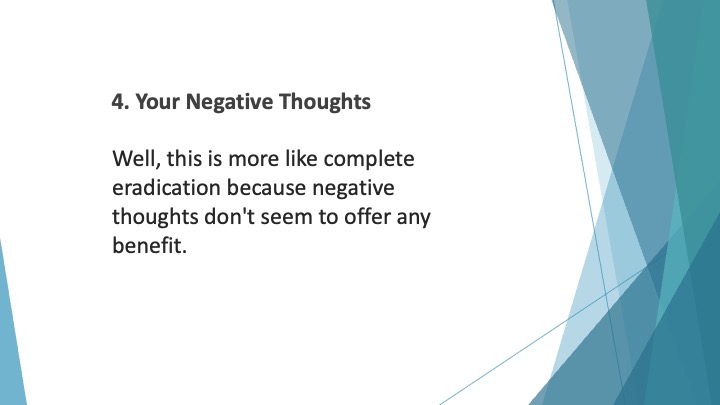
I know we all want to make it and we have several things we would love to achieve but having several goals can be very overwhelming and make you feel stressed. The idea is not that you shouldn't set goals but you should make sure you do not set excessive goals.



**S9 :** The beauty of doing this is that your success rate and focus will improve.

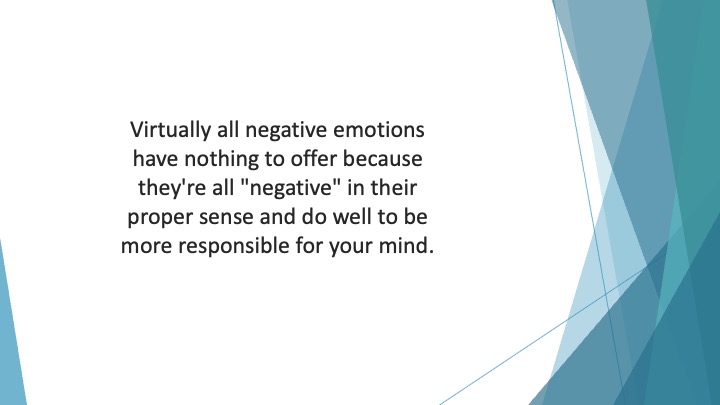


**S10 :** So, have a clear view of your goals and what you truly want for yourself, and go for the ones that matter most to you.

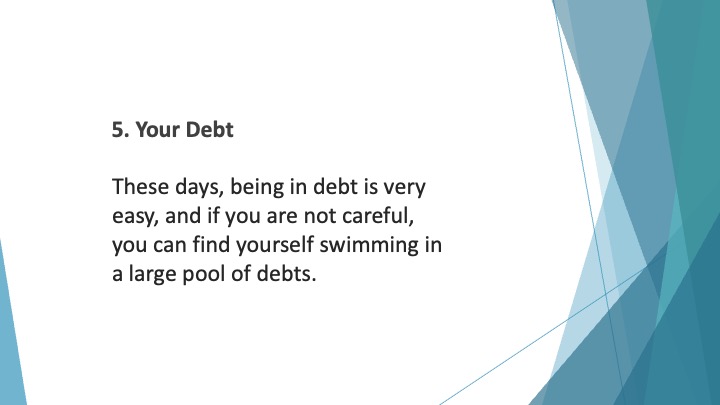
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**S11 :** 4. Your Negative Thoughts

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?

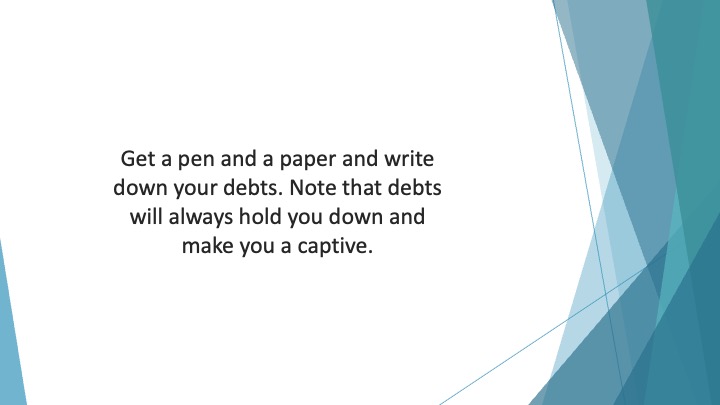


**S12 :** Virtually all negative emotions have nothing to offer because they're all "negative" in their proper sense and do well to be more responsible for your mind. Use positive thoughts to replace negative thoughts and learn to let go of past hurts.

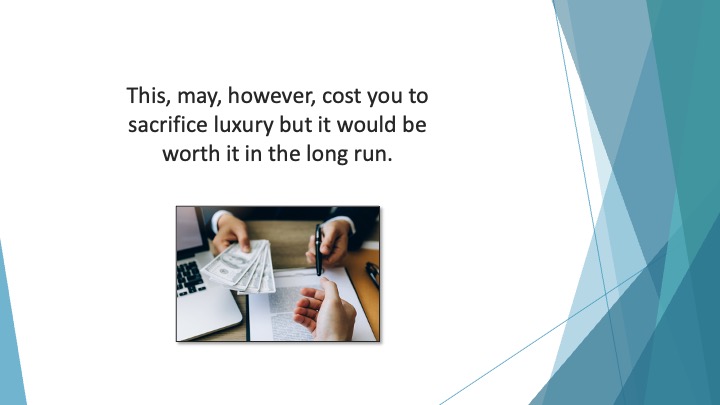


**S13 :** 5. Your Debt

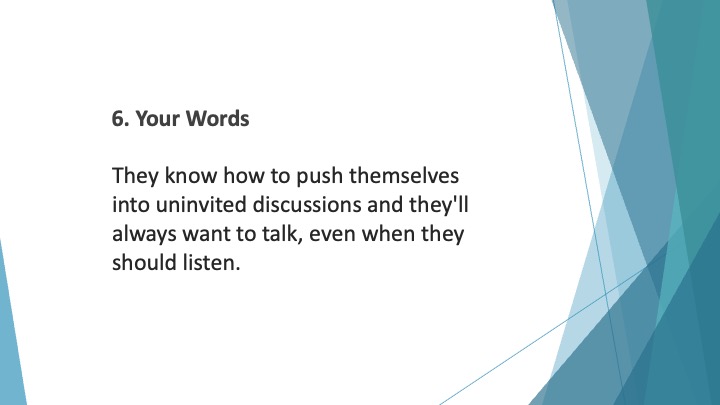
These days, being in debt is very easy, and if you are not careful, you can find yourself swimming in a large pool of debts. If you have debts hanging on your neck, here's what I want you to do.



**S14 :** 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.

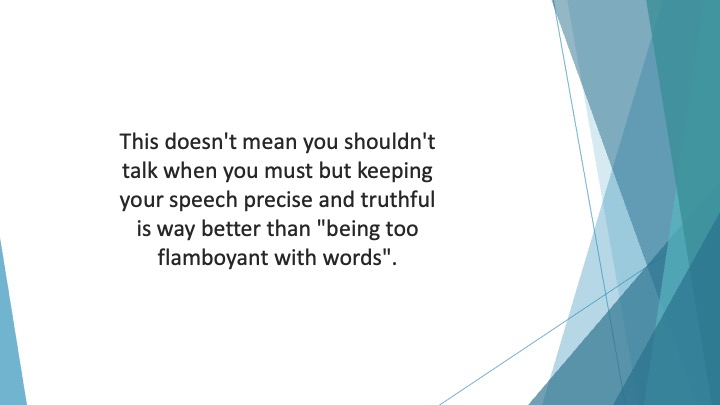


**S15 :** You must do what you can to stay out of its trap and regain your freedom. This, may, however, cost you to sacrifice luxury but it would be worth it in the long run.

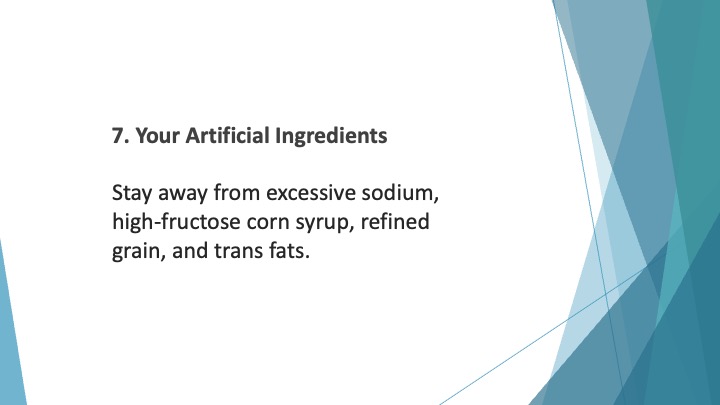


**S16 :** 6. Your Words

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.

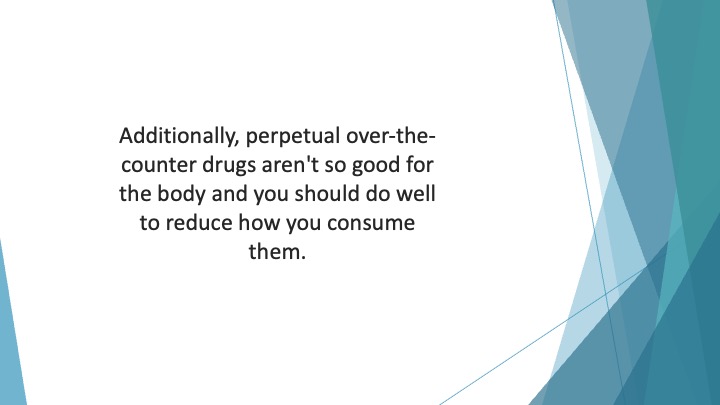


**S17 :** This doesn't mean you shouldn't talk when you must but keeping your speech precise and truthful is way better than "being too flamboyant with words". More so, stay away from gossip. Say what you mean and mean what you say.

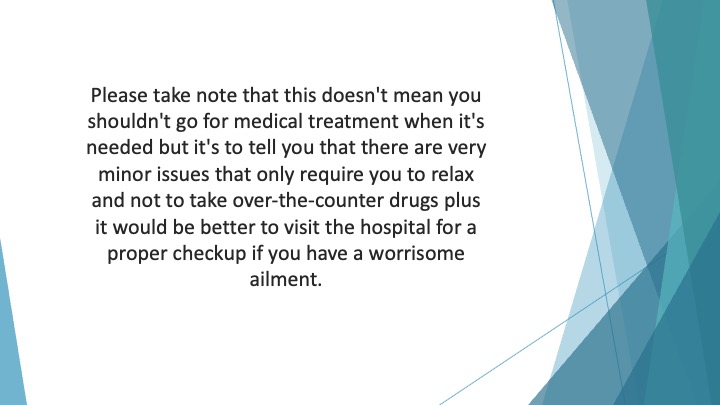


**S18 :** 7. Your Artificial Ingredients

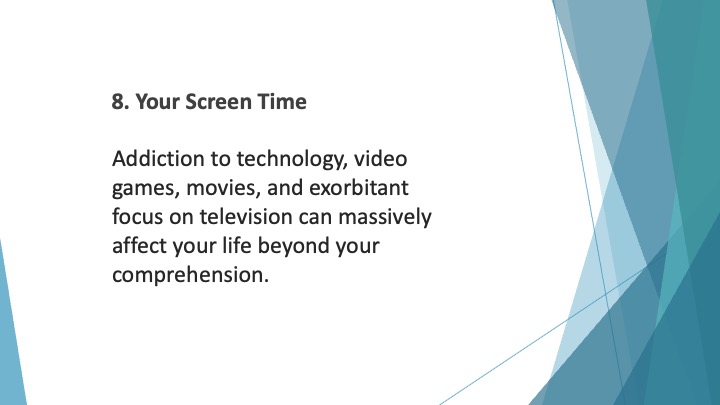
Stay away from excessive sodium, high-fructose corn syrup, refined grain, and trans fats. You'll have better health and an improved energy level when you reduce your consumption of these ingredients.



**S19 :** 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.

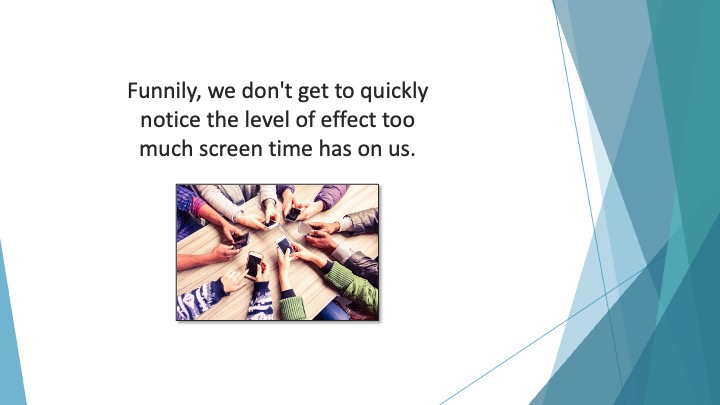


**S20 :** Please take note that this doesn't mean you shouldn't go for medical treatment when it's needed but it's to tell you that there are very minor issues that only require you to relax and not to take over-the-counter drugs plus it would be better to visit the hospital for a proper checkup if you have a worrisome ailment.

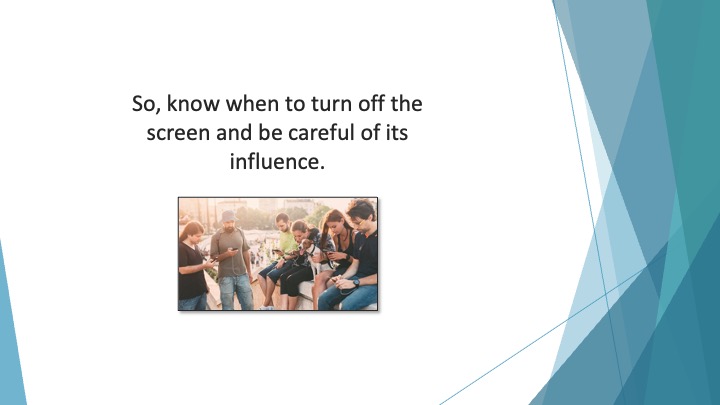
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**S21 :** 8. Your Screen Time

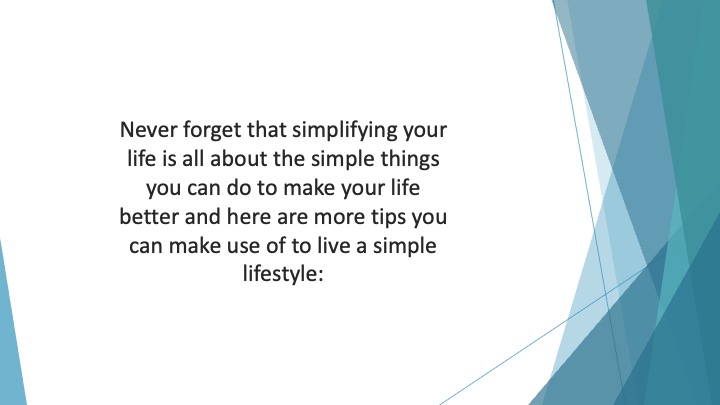
Addiction to technology, video games, movies, and exorbitant focus on television can massively affect your life beyond your comprehension. When you stay glued to your screen and you generously give it all your time, it will affect your outlook and attitude and may also rearrange your values.



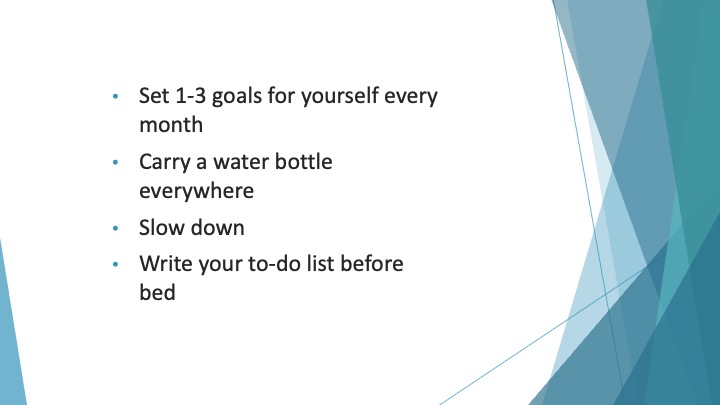
**S22 :** Funnily, we don't get to quickly notice the level of effect too much screen time has on us. So, know when to turn off the screen and be careful of its influence.

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**S23 :** So, know when to turn off the screen and be careful of its influence.

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**S24 :** 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:

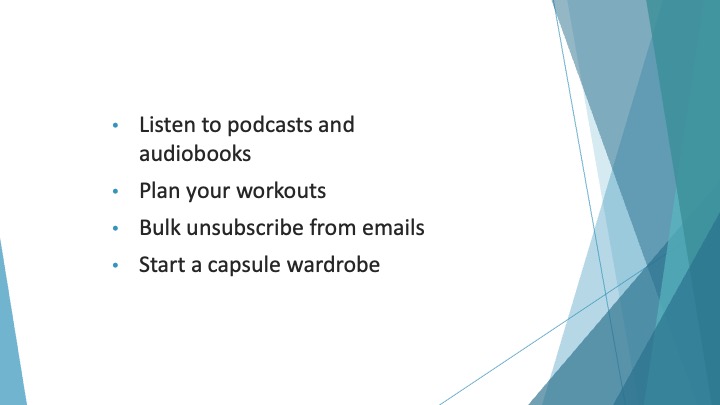
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**S25 :** • Set 1-3 goals for yourself every month

• Carry a water bottle everywhere

• Slow down

• Write your to-do list before bed

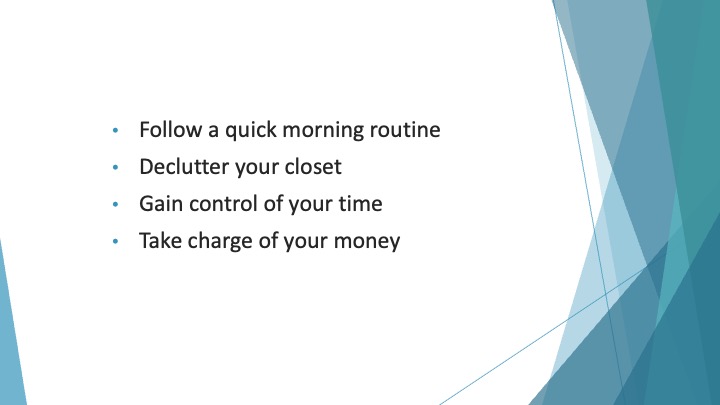
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**S26 :** • Listen to podcasts and audiobooks

• Plan your workouts

• Bulk unsubscribe from emails

• Start a capsule wardrobe

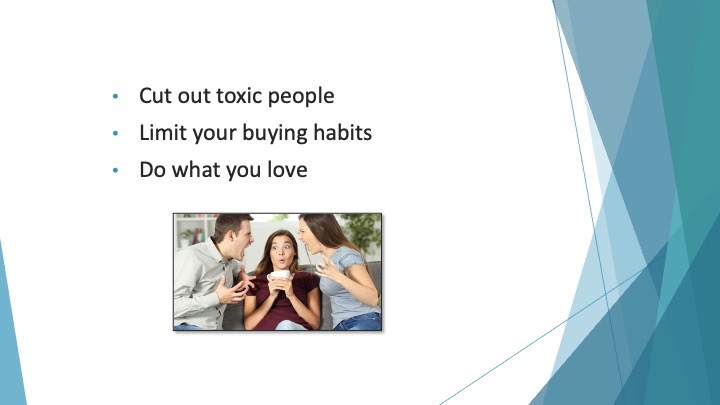
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**S27 :** • Follow a quick morning routine

• Declutter your closet

• Gain control of your time

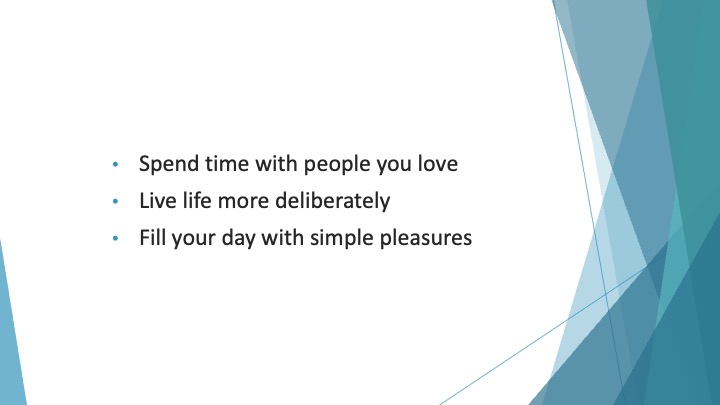
• Take charge of your money

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**S28 :** • Cut out toxic people

• Limit your buying habits

• Do what you love

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**S29 :** • Spend time with people you love

• Live life more deliberately

• Fill your day with simple pleasures