

Simplifying Life by Letting Go of Complexity

Simple, Clean, Green Living™
...for busy people who love the planet



- 1. Think of one thing that is too complex in your life.** For example, multiple credit cards, over spending, clutter, disorganization, long work hours, commitments every night, bizzzy kids, etc.) Pick just one to focus on for this exercise.

One thing that is too complex: _____

- 2. How does it steal your health and happiness?** Does it drain your energy, take your time, make you feel overwhelmed, add to the chaos? List a few things you'd gain by letting go and simplifying this one thing:

- 3. What might stop you from putting a simplifying plan into action?** What are you afraid of, what systems do you need to put in place, what kind of encouragement and support do you need? List your obstacles here and possible solutions for each [e.g., no time/energy (work in short spurts); don't know where to start

(just start somewhere, anywhere); no support (get a support buddy)].

- 4. What is one thing you can do RIGHT NOW that will send the message that you want to make this simplifying change?**

- 5. Are you willing to do it now?**
Yes ___ **No** ___ **How would that choice feel?** _____

If "yes," do it right now. If "no," quit beating yourself up about it and keep in mind that you can revisit this choice again (and again).

Need Some Help Taking Action?

Sometimes making big changes is a lonely business. We all need support. If you would like to make faster progress and feel good about it all along the way, contact me about joining a 90Day Group to Get on Top of Life: cheryl@cherylmillerville.com