

18 WAYS TO SIMPLIFY YOUR LIFE

- Simplify your to-do list
- Learn to say no
- Meal plan
- Declutter
- Practise gratitude
- Do a digital detox
- Lean into minimalism
- Create a capsule wardrobe
- Clean up your phone
- Clean up your desktop
- Create space in your day
- Learn to be mindful
- Unsubscribe from emails
- Complete a social media cleanse
- Set intentions rather than goals
- Create morning and evening rhythms
- Implement some simple upgrades
- Do what you love

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Learn To Focus Know How To Simplify Things In Life

JR Anderson



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