

Five Steps for Simplifying Our Lives

1. Set a goal of reducing your consumption and living below your means

Reduce, reuse and recycle – use canvas shopping bags; claim your inner hoarder and use those plastic containers from the grocery store instead of fancy storage containers from the department store.

Reduce consumption of fuel and save money. Aim for improved fuel efficiency when you purchase a new car. Turn down the thermostat. Walk, bike or take the bus when you can.

When purchasing a new item, consider whether a less expensive version will serve the purpose and save money.

2. Ask two questions before making a purchase

Do I want this?

Do I really need this?

These questions help determine the true motive and purpose behind purchases.

3. Use something up before buying something new.

Take good care of the things you buy .

Use things until they are empty, broken, or worn out.

Buy things that are made to last.

When buying things that have a short lifespan, spend your money wisely.

4. Plan Low-cost entertainment that enriches

Consider whether an entertainment option has learning value and has the potential of making a lasting memory.

5. Seriously consider if there are major changes that would allow you to simplify your life.

Do you need to downsize your car or home?

Are you overcommitted to activities that do not enrich your life or your community?

Do you spend too much time managing clutter and storing stuff that you never use?