

Simplify your life

30 WAYS TO

Why is it important to simplify your life?

These days, society has us believe that it's 'cool' to multi-task. If we don't feel busy, we aren't good enough.

We're always looking for the next thing to make us happy...a career change, a pay rise, a date night, a baby, a new house, the annual girls' trip.

But what if I told you it's easier than that. It's not the next thing that's going to make you feel happy. It's now.

It's time to change the perspective.

Stop beating yourself up about your reflection in the mirror. Stop prioritising so many things over yourself that you are the bottom of your priority list and you feel overwhelmed, stressed and cranky. Stop worrying about what everyone else thinks about you and your life and start getting back to what YOU actually think and feel about your own life!

How?

Simplify. And you can start with these 30 tips...

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1. Set monthly goals
2. Break them down into weekly actions
3. Reflect on what you have achieved and your gratitudes at the end of each month
4. Carry a bottle of water with you everywhere
5. Marie Kondo your closet! If it doesn't make you feel good when you're wearing it, let it go!
6. Donate any clothes or shoes you haven't worn for a season
7. Write out daily to-do's
8. Utilize do not disturb mode on your phone
9. Leave your phone in a separate room while working
10. Only use your phone intentionally, reduce scrolling out of habit
11. Follow a quick morning routine each day
12. Use unroll-me to unsubscribe from emails
13. Start to create a wardrobe with key, easy to wear pieces
14. Prepare your lunch the night before
15. Plan your workouts for the week ahead
16. Stick to your workout schedule
17. Stop cancelling on yourself
18. Listen to podcasts and audiobooks
19. Create or save playlists for different moods
20. Keep healthy snacks in your desk or handbag
21. Keep some frozen prepared meals in the freezer
22. Meditate or give yourself 2 mins of space to switch off every day
23. Set time in your calendar just for you - and don't cancel
24. Plan a girls afternoon - and don't cancel
25. Plan a date night - and don't cancel
26. Reduce blue light exposure at least 1 hour before bed
27. Invest in blue light blocking glasses
28. Cull your social media list. If they don't make you feel good, unfriend or mute
29. Schedule your annual appointments - dentist, tax etc.
30. Respond with a 'no thank you' to any events you've been thinking about for over a week

IT ONLY TAKES ONE
SMALL STEP
TO BEGIN



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