



Earth Love Month

Day 11: Simplify your life

The next few posts are dedicated to living simpler and better: getting rid of the excess in our homes, schedules and heads that takes away from our joy of living.

The state of busyness is a new normal for many of us. Though we feel the corrosive effect of living in a constant state of busyness-induced tension, we have a hard time slowing down this runaway train.

We are busy with:

1. Managing our stuff (buying, maintaining, cleaning, storing)
2. Managing our schedule (juggling conflicting “have-to” and “get-to” priorities)
3. Managing the state of overwhelm that #1 and #2 create.

Is there a better way to live? Experts on minimalism think so. We love this simple definition of minimalism from [The Minimalists](#):

Minimalism is a lifestyle that helps people question what things add value to their lives. By clearing the clutter from life's path, we can all make room for the most important aspects of life: health, relationships, passion, growth, and contribution.

Today's Challenge: at the end of the day take stock of where your time and energy went. Did you feel energized, inspired, joyous and grateful? Or, were you at the other end of the spectrum? What were your priorities, based on what you actually did today. Did your actions match your intentions; did your actual priorities match your stated ones?

