

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

Yan Bai



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