

## 10 Ways To Simplify Your Life

Life was meant to be easy.

Somehow though, many of us have managed to make our lives very busy and complicated. We constantly try to achieve too much in too little time, leaving precious little time for leisure and pleasure.

Would you like to streamline your life and create more time to rest, relax, revive, reconnect and reflect?

Here are 10 ways how:

1. **Throw away anything you don't need or love:** Clear clutter from your life - physical, mental or emotional. Let these things go.
2. **Step back and get perspective:** Regularly step back from your daily routine and take in an overview of your life. With a little distance you will soon be able to see what areas of your life can use the most simplifying.
3. **Focus on what you want and need:** Ask yourself, 'What do I really want or need today?' Stay in touch with what is important to you and put it on the top of your 'to do' list.
4. **Stay in the present moment:** One way to do this easily is by making a 100% commitment to focusing solely on whatever you are doing at any given point in time. Continue to do this as you move between people and situations throughout your day.
5. **Let go of all 'should's':** Learn to be free of the good opinion of others. Focus on staying true to yourself and what you want, not what others want and expect from you.
6. **Build reserves of time, space and energy into your days:** Schedule free time into each day. This is often when our unconscious answers come up and is the space that we need to notice and explore new ideas, directions and opportunities.
7. **Do one thing at a time:** Do you start work on several things at once and finish none? Try practising starting and finishing one task before starting the next one. You may be pleasantly surprised to find that you will complete more whilst feeling less frazzled by the end of the day.
8. **Enjoy time alone:** Make time just for you each day when you can do what you want and reconnect with what's important to you. Whenever possible, spend time in nature or by the sea.
9. **Feel your emotions:** Acknowledge and express your emotions. Don't allow feelings to be suppressed. Experiencing and releasing them will make you feel lighter and more peaceful.
10. **Meditate:** Meditation will help slow down your busy mind, reclaim a sense of calm and tap into your intuition.

For more free tips on staying focused and reaching your goals, to find out more about one-on-one coaching and my upcoming "Energy Tapping Workshops" visit [www.blueskycoaching.com.au](http://www.blueskycoaching.com.au) or contact Tania by email or call 0411 471 941.