

14 Changes You Can Make to Live More Simply

Make a weekly plan for your food.

Find a system for your mail.

Clear out your email and text messages weekly.

Consolidate your wardrobe to what you love and to what fits you today.

Downsize your purse to carry only what you need.

Keep track of your finances so you know what you have before you spend.

Place less value on other people's expectations.

Say no to things that don't bring you joy.

Plan your week.

Plan morning and evening routines.

Have a routine for your household chores.

Keep your workspace clean and organized.

Plan a half day to run errands and catch up on paperwork.

Delegate what you don't want to do.