



# Simplifying Your Life

## SECTION 6

***“Only by simplifying and clearing space can you have fewer distractions, greater focus and the ability to add quality and the experiences that go with it.” Steve Scott—Business Coach and Author***

### **It Is Critical To Your Success To Simplify Your Life....**

How often have you heard yourself or someone else say; “If I could only simplify my life then things would be better.” If you’re like me probably you have heard this quite often. This statement comes when people feel overwhelmed. To have positive, personal development and growth to build the strong personal foundation for the success you desire, you must simplify your life.

Think about it. If you try to add things to your life and you haven’t experienced the personal growth to build a strong personal foundation then you are more likely to fail. Create a picture in your mind of a house that is built upon a foundation that only can support one story. Now a second story is added. When that happens, the foundation fails. Even worse, the house on top of the foundation will start to experience stress, cracks and as a structure, over time, it will fail, too.

Not only is all the hard work that went into having an excellent one story house is lost, but all the work that went into what was supposed to be an improvement, a

second story is lost also. At this point, too often we focus on the tangible things that are lost, such as the house and the foundation.

In reality, the most important loss, when you don’t simplify your life, has to do with something entirely different.

- It is the loss of time.
- That time can never be replaced.
- Another loss is the loss of energy that it took to build something that failed.
- After a failure, because of a loss of energy, it will usually take you longer to putting the time in to recover and to get back on track.

### **Simplifying Your Life Is The Key To A Strong Personal Foundation**

In looking at the example of the house that ends up being built upon a foundation which can’t support it, I want you to take a look at your own life. What have you built into your life? Make a list. To give you some ideas this list may include but is not limited to:

- Activities
- Relationships

- Tasks
- Responsibilities that you have taken on
- Current Hobbies and Interests

**Next, make a list of all the things you would like to do or add.**

- New Activities
- New Relationships or expand present ones
- New Tasks
- New Responsibilities
- New Hobbies or Interests

**Great!**

*Now here is the tough part. Take both lists and figure out how you are going to carve out some new time to add the things you want. Most people find this very difficult, if not impossible, to do.*

Why? Because most people are already very busy. If they add something it just makes them busier and unhappier. As a result, your effort to have personal growth and development stops right here. Your personal foundation cannot support anything else. And, then you are de-energized and back to square one.

## **How Can You Build A Stronger Personal Foundation To Support - More Personal Growth?**

There are a couple of steps you must take.

1. In your mind, you must **stop confusing activity with achievement.** In your busy world that is exactly what happens. You get faked out. For many of you, if you are not involved in an activity or have a long "to do" list, then you feel something is missing. These things fill up your life. Yet, at the end of the day most of you are looking at the day as something you got through. To have a strong personal foundation for greater personal growth you must start looking at **what you got from the day.**
2. **You have to detach.** The formula for depression and being unable to move forward is your inability to detach from what you have or are involved in. The only way to simplify your life and to carve out more time for personal growth, if you are already near the limit, is to detach from something.

Remember, the key to building a stronger personal foundation to give you the life and business you desire is to add quality. Most of you are excellent at adding things

to your lives. But, are they really adding the quality you need to grow and to be more and have more? Very often, because you are caught up in doing the activity without seeing the consequences, these activities are not adding quality or strengthening your personal foundation. In fact, in many cases these activities are doing the opposite, they are weakening it.

## **Living Your Life With The Glass Full Too Much Activity**

Our lives end up being like the glass that is full. If you try to add anything to a full glass then you create spillage. Then you are cleaning up what is spilling and don't really have time to enjoy what is in the glass. A great majority of people live their lives in this manner. And they end up accomplishing a lot of things and still feel frustrated and unhappy. If they only knew how to simplify their lives, then they would experience the personal growth and happiness they seek.

### **To Simplify Your Life:**

- Learn and practice the art of detachment.
- Learn to live with your glass one half to three quarters full. That is the only way you can build a stronger personal foundation to bring you the life and business you desire.
- Make sure that you practice the art of detachment that you learned. Without practicing what you learn nothing happens.

### **Step 2 to Simplifying Your Life - You Must Change Your Words**

Let's go back to the quotation at the beginning of this section. "If I could only simplify my life then things would be better."

There are a couple of points in this quotation. Take a look at the words, "If I could". When you use those words, how are you talking about yourself? Are you being positive or assertive? No. Are you being a possibility thinker? No. Are you thinking like a helpless victim that is imprisoned by your own fear? Yes.

Now you may say that when you say "If I could" you are just stating the facts. That is correct. You may be stating the facts at this very moment. But, you are using them as an excuse not to move forward. An excuse not to move forward and to not create the future you desire. Acting or thinking like a victim will never give you the strong personal foundation that is necessary for the success and happiness you seek.

**You must think in a positive or assertive mode. You must think action. Start talking to yourself with words such as “I can, I will, I shall.” “I’ll try” or “Maybe I will” won’t cut it.** Only action will cure your fear and enable you to take the steps to simplify your life.

Remember that the words you use are the clothes you put on yourself every day.

- Use words and put on clothes that are about action and accomplishment.
- Only through action and accomplishment can you simplify your life.

**Step 3 - To Simplifying Your Life - Always understand the following: “Different” isn’t necessarily “better.” But “better” is always “different.”**

When you live a life and make changes for the “better” in the long run this will simplify things and create the space for you to have the success in business and life you desire. To understand the third step to simplifying your life is to build a stronger personal foundation for your success, let’s go back to the quotation:

**“If I could only simplify my life then things would be better.”**

I want you to take a look at the word “better”.

**You must have a clear understanding of what “better” is in your life.** Take a look at how you want to simplify your life. Your goal is to simplify your life in order to make it better. How do you define better? Is it having fewer activities? Is it having better quality? Is it having more time to pursue things that will be more satisfying to you? Whatever it may be, I want you to be clear about it.

If you aren’t clear about it then you could be making a big mistake. When you make changes, any changes in your life, then things are “different.” They have to be, because you have made some changes. But, with these changes are things necessarily better?

You may feel a temporary high because you had the courage to implement a change. Then the reality sets in that the change has a lot more difficulty associated with it than you thought. In fact, some of the difficulties are such that you now realize that the change was not a good thing.

Next, you either go back to doing things the way they were or you move forward to find change that is more acceptable and will help you on your journey of personal growth. What happened to cause this mistake?

The human mind is very interesting and complex. *Yet, one of the things we are susceptible to is to think that if we make things or approach things in a “different” manner that somehow things will be “better.”*

As you go through the steps to simplifying your life and building a stronger personal foundation to support greater freedom and abundance remember these three steps.

1. Learn and practice the art of detachment
2. Think and act in a positive and assertive mode.  
Action cures fear
3. Understand and put into application the thought that “Different isn’t necessarily better. But better is always different.”

### **Key Points To Simplifying Your Life**

- Being busy is like a drug. Most of us are too busy and we lose our perspective
- When your life is too full, like the glass that is too full, you create spillage. You are always cleaning up and missing out on life.
- To get started on simplifying your life toss out half (50%) of what you think is important
- Time with yourself to reflect and evaluate is the gatekeeper to understanding yourself and peace of mind.
- Personal growth to build your personal foundation takes place more quickly when you have cleared space
- And, like the glass, always keep your life half to three quarters full. If you don’t keep the space for more good things to come in then they won’t.

Understand that simplifying your life may be a big challenge. There will be some questions to help move you along to simplifying your life. They are designed to get you in touch with yourself in order to help you take the actions to simplify your life and build a stronger personal foundation. Before you get started on the questions I want you to keep the following three points in mind.

**We are drawn to being busy.** It is our culture. Technology has allowed us to be accessible at all times. Our minds lead us to “things” to keep us busy. In fact, things are moving so fast that we struggle to keep up with advances in learning, living and business.

**Most of the media and subculture you are involved in has affected you more than you know.** We have become a society that is other or outer directed. “Other” people can stimulate us and impact us in ways that weren’t available before. Watch a short video of 1 minute



## Notes

on YouTube and you are connected with someone that has a message that is influencing you. Ten years ago that was not possible. "Outer" directed refers to the stimuli from what we see and experience. The average person is exposed to 5,000 marketing messages per day. To counter this other and outer directedness you must become more inner directed. Only when you do that will you be the one that is truly managing your life.

**Simplifying Your Life Is A Threat.** You may experience symptoms of withdrawal. You may feel slowed down or slightly de-energized. This is normal. You are going through a transition where you are eliminating clutter and creating more space. This space at first may feel uncomfortable. But you will adjust. And, boredom or lack of something to do is a good sign. It is an opportunity to get to know yourself better and to create more inner peace.

The following questions will help you get on track to simplifying your life. The most important part is to actually write down your answers to the questions. Or you can use your computer. The key is to get it out of your mind and in a place where you can see yourself and what you have to do more clearly.

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# Questions for Reflection and Evaluation

1. Is my life full of too much activity or is too busy? If so, why? A great place to start is to list your activities.

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2. Why have I chosen to have so many activities or to make my life so busy?

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3. What am I constructing and where am I headed with my current lifestyle?

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4. Am I constructing and headed to a better future?

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5. Is that future taking away my present? Here are a couple of other questions that will add some clarity. Can I live in the moment and enjoy it? Or, am I too focused on what may happen in the future to enjoy the present?

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6. What am I leaving out in terms of satisfying my needs because of my current lifestyle?

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# Answer These Questions

Take your time. The following are the benefits to simplifying your life:

You will get back in touch with yourself. This includes but is not limited to your feelings, what you value and a sense of alignment in your life. Things that are not available to you when you were too busy.

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Your choices will change and will be different from those that you made when you were too busy.

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You will become selfish in a very healthy sense. You will be aware of practicing self-care and you will feel the pain of not being selfish and focusing on self-care.

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Very possibly, for the first time, you will have space to grow and a sense of serenity to enjoy it.

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