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THE GROWTH EDIT - ISSUE 14



“Simplicity involves unburdening your life, and living more lightly with fewer distractions that interfere with a high-quality life, as defined uniquely by each individual.”

– Linda Breen Pierce, 1947

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**Ask yourself:**

- What in my life am I doing that I don't enjoy? (noting that these could be both external actions or internal thought patterns, or ways of being)
- Which of these can I cut out that will immediately improve it?

**Suggestion:** *Journal on these questions, gather all the insights you can.*

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**Ponder This:**

When you really think about it, there are not many pursuits that generate most of your happiness. A handful of people will meet most of your needs. A few projects will result in most of your success.

We are programmed to believe that doing more will improve our lives. If this were the case, there would be many more happy and fulfilled people out there.

What if the answer to improving your life isn't to do more? What if the answer is to do less?

**Reflect:** *Then consider what this could mean for you.*

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**Experiment with:**

Cut out one thing that will improve your life the most. Consciously commit to letting that thing go completely, taking any action that you need to, to cut it out.

**Remember:** *Small changes lead to big breakthroughs.*

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Till next time.

Lots of love,

Rachel

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