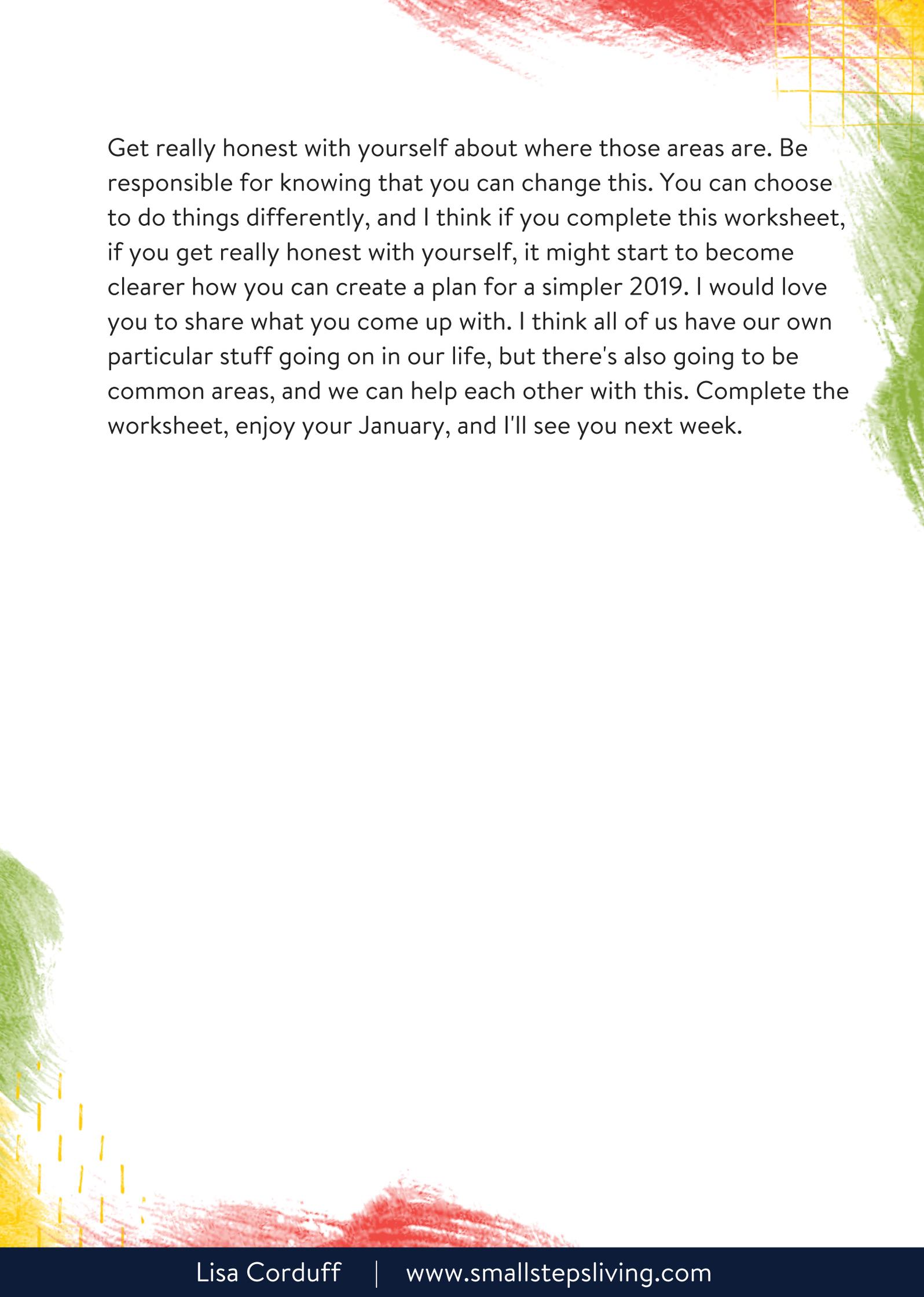


PLAN FOR SIMPLE

Happy New Year. I am thrilled to be a part of your life in 2019, and I have so much good stuff to bring you throughout the year, today being no exception. I was thinking a lot about what this word simple, and simplifying, and I ... If you've been here for a while, I've been bringing you lots of different hacks. There's a lot more to come, but where I thought we should start this year is in really looking at what simple means to you, where the areas in your life were that started to feel really heavy, really chaotic. All of the bits where you started to think, like, I'm just not coping here. I've created a worksheet for you with some very specific questions that I want you to work through as you're relaxing this January, so you can start to think about in your life, where the changes need to be made. I would love to hear about what you come up with. The most important question in this plan for simplifying, because sometimes we actually have to when we decide that we want to change something, we actually have to back that in with some form of action. It doesn't just happen overnight, is the question about what needs to go in 2019.

What needs to be let go of, and I'll take you through, step by step in this worksheet, so that it might start to become obvious what those things are. You don't need to do 2019 the way you did 2018. Once you get clear about the areas that need a little bit of attention, and will give you your biggest bang for buck, like simplifying, streamlining, stopping the extra decision making that you're doing, or that feeling of just being absolutely no breathing room in your life.



Get really honest with yourself about where those areas are. Be responsible for knowing that you can change this. You can choose to do things differently, and I think if you complete this worksheet, if you get really honest with yourself, it might start to become clearer how you can create a plan for a simpler 2019. I would love you to share what you come up with. I think all of us have our own particular stuff going on in our life, but there's also going to be common areas, and we can help each other with this. Complete the worksheet, enjoy your January, and I'll see you next week.