



SMALL STEPS
living
WITH LISA CORDUFF

PLANNING FOR SIMPLE



What felt heavy in 2018? What bogged you down?

In which areas does your life feel chaotic/messy/disorganised/overwhelming - be specific!

What does simple look and feel like to you? Journal this out - think about how you would move through your days differently, how you might think differently, what's possible with more simplicity, what your house would look like, your weekly meals etc.

If you could choose to simplify three areas of your life, what would they be? Exactly what would make them feel simpler?

- 1.
- 2.
- 3.

What can you let go of in 2019 to create room for a simpler life? (This can be thoughts, people, activities, expectations, behaviour patterns like being a 'yes person' etc)

Write 5 Small Steps you can take this January to start your path to a simpler 2019.

- 1.
- 2.
- 3.
- 4.
- 5.

