

GET IT ON PAPER!

I'm sure you'd agree that a huge part of simplifying our lives is the extra mental space this provides.

Getting your dinners written out for the week - perfect!

Having your inbox at zero - so good!

A handbag that contains only essentials - praise be!

And so this month a practice that saves me on the daily. And look, it's not sexy. If only you could see the MOUNTAIN of notebooks I have lying around....

But it's effective, and it involves spending five minutes at night writing out essentials for things that need to happen the next day.

You don't need a fancy notebook, you can even do it electronically.

Just get five things that you'd like to happen onto paper. I mean - let's go a step further and write out the meals you'll eat!

Here's what will happen...

- You'll stop that horrible mental planning in bed at night.
- You'll actually tick things off your list, instead of having them floating about in the ether.
- You can begin to trust yourself that things won't 'fall off the radar'.
- You can begin to prioritise and create space because you won't waste time chasing your tail.

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- You could choose to put something just for you on that list. And begin adding more joy into your life.

Sound like a plan?

If you already do something similar we'd love to hear about it. If not - by a simple notebook and practice this simple nightly task that could just change your world.....

Lisa x

VIDEO TRANSCRIPT

Hey. I am really excited to bring you a brand new batch, a brand new month of stuff in the Small Steps membership. And this month, we're going simply, nourish, enjoy. It's what we're all about. And so there's some really, really simple things coming your way this month that can have a really big impact on you and the way you live your life. And remember that it's not about doing everything and doing it perfectly, it's about choosing the bits that work for you, and just having a go.

Today's example is perfect for that. We're talking about how to clear your brain space, because this is the whole reason I started simplifying my life in the first place. It was just too full up there. There's too much going on. There's too much for me to remember. And so I'm constantly trying to find ways to just clear some space so I can actually think, so I can be present, so my mind is not working a million miles an hour.

And so the idea that... of a Spirax notebook... I'm literally looking at the corner of my kitchen table over there, and there's about five packed up that need to go away. But it's a habit that I got myself into. I've actually shamed myself a little bit for the way that I organise my life.

But what I've realised is it's a system that works for me, and this is what we all need. You might be really great. You might put all of your stuff into a diary, and it's all there, and you're a Bullet journaler or you're this or that or the other. And that's so awesome. And in our Facebook group you should share your ideas of how you get things out of your head and onto paper.

But what works for me is literally, because I don't like to go to bed thinking, "Tomorrow I've got to..." I have my Spirax notebook. It's not fancy, but just open up on a new page and I write the things down that need to happen tomorrow.

I've tried lots of different planners. I've tried to think ahead, and of course I've got, for work and for life, I've got big goals or longer term things that need ticking off, but then there's also just the junk. The, get Lucy's birthday present for the party on Saturday, or buy new lunchboxes for kids. I literally forget that stuff if I don't write it down.

VIDEO TRANSCRIPT

So how about you just take five minutes tonight, tomorrow night, the next night, and just get some of those things down on paper, or onto your phone, wherever you'll look, and just experience the freedom of getting that stuff out of your brain. It doesn't... There is so much occupying it.

Writing down, this is the reason why we talk about meal planning. This is the reason why this whole membership is created around simple hacks, not overwhelming yourself with a million different things, because our brains aren't designed to handle it. Work out what dinners you're having this week, write that on the fridge so you can just look at it and you don't have to be thinking for an hour to which you say, "What am I doing for dinner?" And just not have that thought coming into your brain means that you can think other thoughts. And hashtag prioritise you.

So see how you go. I'd love to hear any tips that you have for this kind of clearing brain space or just organising your priorities for the next day, fascinated by this stuff. And it's all about a simple solution that works for you. It doesn't have to look like anybody else's.

See you soon.