

# PERMISSION GRANTED

Are there shortcuts that you feel guilty about making?

Or are you unnecessarily putting pressure on yourself and making things harder when they could in fact be simpler?

This month start looking for shortcuts. Start cutting yourself some slack.

For me - this has looked like Pizza and Movie nights on Friday.

It looks like buying a box of cereal during busier than usual weeks with work. It looks like food delivery instead of going to the market or the shops.

It looks like cooking once and eating twice.

SO many ways to simplify. But you need to be the one to give yourself permission to do so. Is there a part of your identity that believes you have to do things perfectly? Or that healthy means 100% of the time?

Or that if you let down your guard all hell will break loose?!

Your first task in this Simplify module is to start creating an inventory around your days - where are you working yourself into the ground or attempting to live up to unrealistic standards? Is there a shortcut that you could give yourself permission to take?

As always - please share! When we show up and share our ideas we help others.

Much love,

Lisa

# VIDEO TRANSCRIPT

Welcome to Simplify Week. I'm really excited about today's topic, because here's the thing. I reckon our generation of women are massively over-complicating things. Hence why we focus on simplifying. We also put so much onto our task lists that we, literally, set ourselves up for failure. The thing is, you can change this, but it has to be you.

So, this week what I want you to focus on is creating a little inventory around your days. We want to start looking at where you might be adding too much in, where you could take a shortcut. Right? Shortcuts are a really big part of my life, because I don't have time for complicated. I don't have time to do more than what's absolutely necessary. I want to add in joy and all the things that make life feel good. Right?

But what does this look like for you? What might it look like, and what do you need to give yourself permission for, to just make your life easier? I know that there's things there. Let's share them together so we can start to see how other people are, literally, taking shortcuts in their life.

You know, you need to give yourself permission to just lower those standards maybe a little bit, and embrace simplifying for the genius that it is. When we choose to reduce our overwhelm, uncomplicate certain things, do those simple things. Cook once, and have it for two meals. That stuff, we focus on it, and we should put our attention on it, because it's the thing that gives us back, literally, hours in our day. And how many of us are saying that we don't have time to rest, or we don't have time for the things that matter to us?

So, let's radically simplify. Can you give yourself permission to take a shortcut here and there? Where can you do that? Get specific and start incorporating it into your days and weeks, and you'll notice your habits will start to shift. Just do it slowly, always small steps, and this will start leading to a much bigger change for you. Let me know what you think. Let's share together. See you soon.