



Disclaimer: These are rough notes we use to prep for the show. Please excuse typos, etc.

Simple Life Together Episode 54: No Limits! Yeah, Right.

“Hi and welcome to Simple Life Together, a podcast dedicated to leading a simpler life in the modern world”

I’m Dan Hayes.

And I’m Vanessa Hayes.

Hi and welcome back to Simple Life Together! On the last episode of the show we talked about the Edit & Forget It Challenge for 2014. The message we want to send out for the challenge this year is Fewer Things, Fuller Life! So we hope you’ll join us. But this week, we want to talk a bit about limits. Not bad limits..good limits.

So Dan, why don’t you start out...

Thesis Statement

When we think of “limits”, it’s typically in a negative sense.

So, often when we put limits on ourselves, like when we go on a bad diet, or a too tight budget.....or worse, when someone or something puts limits on us.....we think of it as a bad thing.

Major Takeaway (Introduced)

But limits are a fantastic tool to help simplify your life and actually help you appreciate the things that are most important to you. Learning to accept, use, and embrace limits can help make a whole lotta sense of the hyper-consumer society we all live in.

So I first thought about the framework of limits being a truly positive thing while I was watching a Tony Robbins training video. In it, he mentioned that sometimes limits were good, and the example he used was a glass. If you're thirsty, you pour yourself a glass of water. The glass limits or contains the water so you can drink it. Without the glass to limit the water's flow, the water would pour right through your hand.

Well, sometimes the weirdest stuff will get me thinking. And, true to form, Tony's comment got me thinking about the positivity of limits that help us on our simplicity journey. So here are a few examples from our family:

- Limiting how much “stuff” we have in our house, and getting rid of excess...things we don't Need, Love or Use...to make margin in our life.
 - That's why E & F was so important to us last year and help us get rid of over 3000 things, and why we're doing it again this year, too! (which reminds me, I put out some bulk garbage stuff today and didn't count it). Like what?
 - Anyway, This sets us up for the much, much smaller home of our dreams someday, too.
 - I'm still working on you for the 500 sf home...someday!
 - So the point is, by limiting the stuff we have, our actions are congruent with our goals
- We also have limits to control what we allow into our lives. Of course we have to buy things, but we don't need to buy everything we're “told” we need...
- Right...which is hard to do with all the advertisements we're exposed to on a daily basis. We did a presentation together yesterday and I shared some insight into just how much, we are exposed to consumer advertisements using *Real Simple Magazine* as an example (that magazine that's supposed to make your life simple, right?):

- In a 236 page issue, I discovered:
 - 111 pages were dedicated solely to FULL page ads (that's nearly half of the magazine)!
 - 125 pages had some form of content on them, buy of them:
 - 50 pages had ¼-½ page ads (with an additional 85 "hidden" ads)
 - Leaving only 75 pages dedicated to "ad-free" content!
 - 250 ads total in just one magazine! AND...you had to sift through 10 full page ads before you even got to the Table of Contents!
 - So yeah...I don't know what's crazier...the fact that there are that many advertisements in one magazine or the fact that I took the time to ad it all up!!!! Hey that's kind of a pun..."add/ad" it up ;o) Yeah...I'm just not as funny as you Dan...
- So here's another one, even when it comes to our Life Plan Pillar of Family, we knew we wanted more family time together, and camping was our choice for family entertainment and adventure.
 - We were looking seriously at huge Class A motorhomes with all the comforts of home (more actually).
 - But we came to our senses and limited

ourselves. And, our little teardrop trailer won out. Thank goodness. The teardrop has everything we need (and more), but limits how much we can take. That said, it opens up where we can actually travel to as it's much more cost effective to use than a big motorcoach and we can easily "boondock" in remote areas that don't have water or electric hookups.

- We also put limits on our media consumption. We're not big TV show watchers (other than a slight Downton Abbey addiction, and of course Call The Midwife). Actually...I think when we actually did watch tv...we spent more time deciding what the heck to watch than actually watching! So we're...getting rid of cable TV. We've grown way too tired of the 24 hour news cycle, and the incessant commercials, and the "not-so-real" reality shows. We're going with just the basic over-the-air TV and our Apple TV or Roku with Netflix and Hulu. Saved \$100 per month
- I'm a big mind mapping kind of guy, but I recently downgraded my Pro Mindmeister account to the free account and Saved

\$9.95/month.

- Great tool
- Wasn't using it enough
- Canceled membership in an online community I was a member of. Saved \$10
 - I love a good online community
 - Just found myself not going there enough
- Cancelled data plan on my iPad. Saved \$25
 - I need to limit my access anyway
 - If I NEED access, I can just use my phone's hotspot and tether

- I think limits are especially good when it comes to children. (Yes, two is plenty!) Limits help establish boundaries which in turn help children grow, problem solve, expand their creativity, focus and practice self-restraint.
- Think about a child that has too many games and toys. If one game is too challenging then she'll simply give up and move on to the next. Or if she gets bored of one toy she'll move on to the next, and the next, and the next.
- When you limit the amount of toys or "stuff" then you are encouraging your children to use their

minds, expand their creativity, think more, focus, and work harder to solve problems.

- Limits teaches children to appreciate what they have (whether they know it or not) and to be resourceful.
- On the issue of food...limits can be used in a positive way by being intentional of what we eat and how much. And I'm sure everyone can relate to that. When you eat too many chips, too much dessert or whatever...it's usually going to make you sick or feel pretty awful. So limit yourself. You know what they say...too much of anything is never a good thing.

Major Takeaway (Reinforced)

So, why think of "limits" in a negative sense, when they can be a fantastic tool to help simplify your life. Use limits to your advantage and craft your limits to help ensure you keep on track with your priorities, in line with your Life Plan. Sure, the slogan "No Limits" is popular these days, but it's often used to describe what your spending cap should be for the product they're hawking.

Yes...Establishing limits or boundaries can be pretty empowering and it goes hand in hand with embracing the

Power of Saying No. Together they can help you live a life with intention and and keep you focused on your priorities.

The last thing I want to do is expand on the word congruent that I mentioned earlier. This whole congruency thing has become my watchword lately. But, limits we set are congruent with our the priorities we set out in our Life PLaN. Remember we call our priorities our 5 Pillars of FAITH, FAMILY, FINANCES, FITNESS and FREEDOM. It's kinda like back in our military days, sometimes people would talk about Command & Control like it's one thing. It's not, it's two very distinct things. Command is like our Life Plan, control is like the Priorities and limits we use to ensure our actions are congruent to our Pillars. So, that's how we frame limits in our lives. It works for us, and hopefully it can work for you, too!

Question for the Listeners/Readers:

So, what limits do you use to help keep your life on track? Which limits are the most difficult to keep? Let us know! Be sure to leave a comment and share at SimpleLifeTogether.com/054.

THING Segment: Resisting some marketing temptations and making sure our own actions were

congruent to our 5 Pillars.

So Sunshine was awarded with a “FAIRNESS” award at school...which is pretty cool because it’s like a little reinforcement that we’re teaching her the right things. Well, she also came home with a so-called “award” to go see the San Antonio Spurs basketball team play. She got a free ticket, but of course...she had to get at least one adult ticket too. Naturally she was so excited to win an award, and as a parent you want share in the excitement and praise their good work. So I started to plan how we were going to go to this game, because of course....we’d have to take the whole family to celebrate. Well, the pressure was on because I had only one day to make a decision. But when I brought it to Dan and as we were trying to figure it out, he was like, “Vanessa...the thing is...would have even considered going to a Spurs game if Sunshine hadn’t won this award?” And I said, “no.” So it really made us think about how quickly you can react to the “FEAR OF MISSING OUT” but when we actually stopped and thought about it, we realized this wasn’t in line with our normal way of spending time together or our priorities (because that would have been a pricey family night out).

Announcements:

It was great to see some SLT listeners at Organize & Energize this past weekend here in San Antonio! It's so cool to meet like minded folks and listen to the show...it kind of validates that we're not alone on this simplicity journey...and we have to support one another along the way.

Special thanks to all of you who've left reviews for us on iTunes. It really does help people find the show. So here's a shout out to

- LDJ6611 from United States
- JLGN13 from United States
- Mel Coppola from Australia
- dancamp77 from United States
- hannahrichards from United Kingdom
- Michelle Dragon from Australia
- Petronella Van den Akker-Helder
- EldarX67 from United States
- Move OVER ALLIGATOR from United States
- Heather CW from United States
- ScrappyDcherie from United States
- THEBIX18 from United States
- Swissmiss111 from United States

Thank you all so much for taking the time to share your heart-felt comments. We really, really appreciate it so much.

Don't forget if you have questions or just want to learn more about Project 333 or Courtney Carver's Dress With Less microcourse, you can learn more about that at SimpleLifeTogether.com/dress.

CONTACT INFO: Remember...if you have questions or comments you can always reach us at Dan@SimpleLifeTogether.com & @DanielHayes on Twitter, or Vanessa@SimpleLifeTogether.com & @GetSimplifized on Twitter and there are links to our Google Plus profiles on the website.

Wrap Up:

OK, so that's it for Episode 54 of Simple Life Together. Remember, limits are a good thing and can really help you stay on track with your simplicity goals. And if you haven't already, be sure to sign up for Edit & Forget. Just go to SimpleLifeTogether.com/edit and interact with you

on the Facebook Page.

Our Thing this week was resisting some marketing temptations and making sure our own actions were congruent to our 5 Pillars. As usual, you can find all the links and info from today's show at SimpleLifeTogether.com/054.

So let us know what you think of the show and how you're simplifying your life, too! Send us a note and let us know how we're doing. Oh, and it would help out a lot if you could write us a review in iTunes at SimpleLifeTogether.com/itunes. Either way, we'd absolutely love to hear from you.

So, until next time, we hope you enjoy your...

SIMPLE LIFE TOGETHER

Resources and Links:

[Dress With Less](#)