



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

Simple Life Together Episode 71: The Power of Habit

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.

Well, welcome back to the show! On the last episode we talked about Voluntary Simplicity with Miriam Ortiz y Pino. And on today's show, we're talking about the Power of Habits!

Yes and we'll also let you know what we've been up to for the last few weeks, too.

Podcast Movement:

Erik and Rachel Hemingway of the *Family Adventure Podcast* and the *Parentalist* (sailed around the world with their 6 kids for 3 ½ years...one who was born in Israel)

Mike Vardy of Productivityist.com (who will also be leading a workshop at SimpleREV in October).

Corey and Tawny of the Relentless Podcasting Network

Vickie and Larissa from VegetarianZen.com

Jared Easley of Starve the Doubts

Chris and Sarah Wehcamp of ParentsWho.com

It was a blast...we closed down 2 clubs one night (haven't heard "last call" in years)! And it wasn't from being tipsy...but because we were having so much fun with our friends and fellow podcasters.

Topic: The Power of Habit

I've talked a few times on the show about my morning routine of getting up early, making coffee, and then sitting down to my 'alone time' with my Macbook...

So, back in mid April I decided it was time to change my morning routine...

Question:

So what are your Keystone Habits? What habits have you developed in the past that you're following today to shape your tomorrow? Are they positive habits that support the pillars of your Life Plan? Or are they habits that aren't really congruent with how you want to live your simple life? We'd love to know. Share your successes and struggles in the comments at SimpleLifeTogether.com.

Announcements:

SimpleRev Tickets: So Dan, tell us about the changes to SimpleREV.

Every ticket is a VIP ticket, only 17 left! Don't forget to pick up your tickets to the SimpleRev summit. It's being held on Oct 3-4 in beautiful downtown Minneapolis on the University of St Thomas campus. To learn more, have a good look around SimpleRev.com.

Be on the lookout for a great guest post on SimpleLifeTogether.com tomorrow from Cheryl and Jean-Francois Moreau about Simplifying Your Playroom. Cheryl and Jean-Francois recently launched their site "Revive" which focuses on

simplifying various aspects of people's lives including their spaces, minds, bodies, and relationships. You can find that at Revivers.ca, and we'll have links in the shownotes. They're out of Ottawa, Canada, and you can follow them on Twitter [@reviversca](https://twitter.com/reviversca) and check them out on Facebook, too!

CONTACT INFO: Remember...if you have questions or comments you can find all our contact info at SimpleLifeTogether.com/vanessa or SimpleLifeTogether.com/dan.

Wrap Up:

OK, so that's it for Episode 71 of Simple Life Together. If you've been waiting for a time to start tapping into the power of habits, maybe now is perfect for you. We'll have links to Charles Duhigg's book in the shownotes. I'm sure we could all use some more Keystone Habits in our lives to help us live more fully, more simply, and more purposefully. Habits don't start without action, so if you didn't start yesterday, then today is your next best option.

As usual, you can find all the links and info from today's

show at SimpleLifeTogether.com/071.

So let us know what you think of the show and how you're simplifying your life, too! We'd absolutely love to hear from you.

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

SIMPLE LIFE TOGETHER

Resources and Links:

Supermom vs Super Mom

[More Than Organized](#)

[More Than Organized FB Page](#)

SimpleRev Tickets