



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

Simple Life Together Episode 74: 3 Simple Living Habits You Can Use Right Now

Hi and welcome back 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 simplifying our lives a bit and taking the show to an "occasional" schedule instead of regularly scheduled shows.

Well we're feeling occasional today so we're going to share 3 more simple living habits you can start using use right now for a better today AND tomorrow.

Topic:

One of our most popular shows was Episode 55, 7 Habits for Highly Effective Simplicity.

We passed along what we feel are the top 7 habits you can develop to bring some serious simplicity into your life. That show was shared thousands of times...over 2300 times on our Pinterest page alone!

Well, today we're going to share 3 more. So let's jump right in!

OK...simple living habit #1 is...

Habit 1: When searching for a solutions, start with yourself first. Chances are, just like Dorothy with the ruby slippers in the Wizard of Oz, you had the power all along.

Shop in your own closet, pantry, etc...

When you work to solve your own problems, you are exercising your innovation muscles!

Google it!

By looking outside yourself automatically, you established a need. A need that didn't exist. That makes you a consumer instead of a producer and plays right into the hands of the marketing messages we're subjected to 3-5000 times a day.

Capitalize on the skills and good habits that you have. When organizing, try to repurpose or reuse what you already have instead of getting overwhelmed with buying and using new products.

1. Example 1...I have a client that has a fantastic memory of his clients...but struggles with capturing the information on them after he has a meeting....he hates typing up the summaries of his meeting. He thinks better standing up and talking through his problems rather than sitting down. So we decided he should tap into that energy by having him dictate his meetings notes and then delegating the task of typing up the summaries to his admin assistant.
2. Example 2: Stuff....Organizing a client's closet and not having to use any new product (Vanessa explain...)

Habit 1: When searching for a solutions, start with yourself

Habit 2: Often, establishing a simplicity habit involves establishing a framework that helps you deal with things in a predictable manner. Try experimenting with different frameworks to see what works for you! Here are 3 we use:

WIN: One I've been using more and more lately is the WIN framework. WIN stands for "What's Important Now" and I first heard about it in xxxx...

Eisenhower Matrix: You've probably seen this one before, but just imagine a simple foursquare matrix. The vertical axis plots importance and the horizontal axis plots urgency. So if you picture the four squares, the top/left square is Box 1, Urgent & Important box. The top right is Box 2, Less Urgent & Important. Box 3 on the bottom/left is Less Important & Urgent. And finally, Box 4, Less Important & Less urgent, is on the bottom/right. The folks over at Eisenhower.me did a great little video, so I'll embed the video in the post at SimpleLifeTogether.com/074. (<http://www.eisenhower.me/about>)



Isn't that the truth! "What is important is seldom urgent and what is urgent is seldom important."

The last framework I'll talk about is my SIMPLE method of organizing which I break down in great detail in my book Super Mom vs Supermom. Here's an outline for what I call my S.I.M.P.L.E. method:

Strategize:

- What are your needs?
- How do you want your space to look, feel, and function like?

Identify:

- What's working?

- What's not working?
- What are your limitations of the space?
- Draw or take pictures of the space.
- Take measurements.

Make Piles:

- Clear your space one area at a time.
- Work from left to right and top to bottom.
- Sort into general categories...*like with like*.
- Don't edit yet! Make the piles first to see *what* and *how much* you have.

Pare Down and Edit:

- After you make piles then tackle one pile at a time...one item at a time.
- Decide: Do I USE it? Do I LOVE it? Do I NEED it?
- If yes...KEEP it!
- If no...LET it GO!
- When you're done editing, remove unwanted and unneeded items immediately!

Lets Organize:

- Assign zones.
- Keep like items with like items.
- Put it where you use it.

- Put frequently used items within arms reach.
- Make sure things are easy to get to...think accessibility; open bins, simple systems, etc.
- Don't compromise safety for organization.
- Use containers *and* containers within containers.
- Label, label, label!

Evaluate and Maintain:

- Establish routines.
- Develop habits.
- Set reminders.
- Don't forget the One-In, One-Out rule.
- Repeat the S-I-M-P-L-E Method as a means to maintain your system or to update your systems when your needs change.

You can find the whole SIMPLE process in my book. On Amazon, just type "Supermom" in the Amazon search bar and you'll see it, or go to SimpleLifeTogether.com/supermom and it will take you right there.

Habit 3: Lead Others To Simple Living By Leading Yourself.

This last one has got to be the number 1 question or

pain point we get. You're into simplicity and someone close to you isn't. It may be a spouse, a parent, your kids, a friend...someone close who you wish would learn to welcome simplicity into their life and embrace it.

So Vanessa, I'll bet you see this all the time...

With kids you can use some controls

Bottom line is to lead by example.

Question: So, what new simplicity habits are you willing to try? Are you ready to start tapping into your own innovation and resources? Which of the 3 frameworks we shared might work for you? And finally, what area of your life can you start simplifying that sets the example for others? We'd love to know and I'm sure others would too! Leave us a comment at SimpleLifeTogether.com/074.

CATCHING UP:

So what have we been up to?

Dan:

- New project

- Still in the concept development stage
- Very excited about it because it brings together lots of my personal interests and hits on so many of the concerns and pain points we hear about all the time.
- I'll need some help from some of you, so I'll fill you in as things develop.
- I bowed out of the SimpleREV braintrust with my buddy Joel Zaslofsky, but remain their biggest cheerleader (pompoms, one says simple, the other says rev). So, stay in touch with that movement at SimpleREV.com
- Health stuff is going great!
 - Still walking every day, eating primal, feel awesome.
 - If we had a THING segment I say it was these new shoes I found...amazing! Skora. Still wear Vibram 5 Fingers, too, but not when it gets too cold. Link in shownotes.

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

Wrap Up:

OK, so that's it for Episode 74 of Simple Life Together. As we enter the Holiday season of 2014 we're faced with lots of simplicity challenges. Be good to yourself in all the right ways. That includes forgiveness if you get off path a bit.

And the new year brings lots of opportunities for new beginnings, too. If you need some extra motivation, scroll through the older episodes of the back catalog and re-listen to some of those. You can find links to all our shows on one page by going to SimpleLifeTogether.com/showlist. But here are 5 that can really help you jumpstart your New Year: Episodes 51, 52, 55, 63, and 65.

We'll have links to these 5 episodes and all the links and info from today's show at SimpleLifeTogether.com/074.

And it would be great if you left us a review on iTunes at SimpleLifeTogether.com/iTunes. It has slowed down over there a bit but we really want people to be able to find us so they can start off the New Year right. So anything you

write over there will be much appreciated!

And until next time we hope you enjoy your...

SIMPLE LIFE TOGETHER

Resources and Links:

Supermom vs Super Mom <http://amzn.to/1w3jof5>

Skora Minimalist Shoes: <http://goo.gl/A4rnTO>

Vibram 5 Fingers <http://amzn.to/1u9eGID>

War of Art <http://amzn.to/1s9Se2k>

Power of Habit <http://amzn.to/1lmlH3q>

Essentialism <http://amzn.to/1s2s86Y>

Thrive <http://amzn.to/1ys5sPI>

Halftime <http://amzn.to/1BrpafI>

Checklist Manifesto <http://amzn.to/1ys5C9i>

Work The System <http://amzn.to/1ys5E0Z>

All Simple Life Together Episodes

<http://SimpleLifeTogether.com/showlist>