



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

## Simple Life Together Episode 75: 4 Things You Need to Consider When Choosing to Downsize and Simplify

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 3 Simple Living Habits You Can Use Right Now. Those were: Habit 1: When searching for a solutions, start with yourself first, Habit 2: Establish and Use Frameworks, and Habit 3: Lead Others To Simple Living By Leading Yourself.

It's been a few months since our last episode, so hopefully you've had a chance to develop some of those habits through the holiday season and into this new year. But if you haven't, don't worry, you can start using them any time and they'll serve you well on your journey.

So today we're going to talk about 4 Things You Need to Consider When Choosing to Downsize. Actually, we're going to hone in on 4 areas of your life that will serve as your focus for downsizing. And...we'll show you how we used these focus areas for some big changes coming up in our simple life together.

### **Topic:**

So, wayyy back in Episode 65, we talked about Strategic Simple Living and shared a few great tools you can use to plan your simple living strategy. Specifically, we used the 4 Direction Ideation Tool of Looking Outward/Inward/Backward/Forward as lenses for developing your strategy.

So, Vanessa, do you remember some of the things were used as criteria we used for that search?

Well, I cheated...I went back and looked at our shownotes and here's exactly what we talked about:

- A quality grocery store within walking distance
- Close to downtown shops; coffee shops, bookstores, diners, local shops, etc...oh and free wi-fi is always nice...
- We'd like to live near water. Not ocean...preferably a creek or river...or even a lake
- Small acreage to maintain; ¼ – 1 acre max!
- Good schools...or good home-school co-ops if needed
- We'd prefer an empty lot to build to our exact liking
- No size restrictions on home...for us that means small, not big
- No Homeowner's Association (HOA) would be ideal
- If HOA...hopefully open to green/sustainable building techniques or upgrades
- Reasonable tax rates...Military retirement not taxed...state taxes
- Local farmers markets
- Outdoor activities easily accessible...fishing, camping, hiking, biking, etc.
- Local attitudes and atmosphere...not too stuffy...easy going where the community cares about taking care of and maintaining a safe and healthy place to live.

OK...that's a great list! So armed with that list we checked out a few places during our summer travels, we got some great suggestions from SLT listeners and readers, and we also did some "map recons" just like back in my military days. Well, actually we studied a lot more than maps, but you get the picture.

But when it came to a decision point, we used a different framework for evaluating our final choice. Armed with all we learned from the 4 Direction Ideation Tool process, we did our final analysis through the lenses of the 4 major areas of our life: Home, Work, Self, and Community. I borrowed and tweaked some definitions for these from a course I took through Wharton taught by Stew Friedman. The key is that you define these areas yourself. What works for you might be completely different from what works for us and that's fine. But the goal is to achieve congruity between the areas and create what Dr Friedman from the Wharton School calls "4 Way Wins." (Elaborate?)

So...Dan....are you ready to say where we picked?

*The reveal and chat about EA...history, today, etc...*

So, let's address these one at a time and see how we used them to evaluate where we're going to call home.

The first area is Home. Dan, define that for us:

The home, or family, domain can include the people (or animals) you live with, your family of origin (parents, siblings, and others), or your family of creation (spouse, partner, significant other, children, and others). We include our physical home too. For us, we want that to be an outgrowth of our relationship with those close to us, and serve as a setting for interaction with them.

*Discuss how this will apply in EA*

The second area is Work. Now, this could be different for everyone, so what does this include?:

For most people, this is your job: what you do for a living or, if you're between jobs, what you're aiming to do next. If you're in school, then consider school as part of your work domain. You can include here the wide array of things you do as part of your career.

*Discuss how this will apply in EA*

Then we have Community. Share how we're defining that for us:

Community can mean friends, neighbors, social groups, religious institutions, charitable activities, political

committees, membership in nonprofit organizations, or anything that bears on your impact on the world beyond your work and your family.

*Discuss how this will apply in EA*

Finally, we have Self:

Self includes your physical and emotional health, intellectual and personal growth, leisure, and spirituality.

*Discuss how this will apply in EA*

**Summary:** So that's it! The four life areas we considered and analyzed as we downsize our life.

**Question:** So, using the 4 main areas of your life...Home, Work, Self, and Community...what decisions could you make to achieve more 4 Way Wins? Are you considering downsizing or a big move in your future? If so, we'd love to hear about it and what tools you're using to make your decisions. Leave us a comment at [SimpleLifeTogether.com/075](http://SimpleLifeTogether.com/075).

**Feedback:**

## iTunes:

Thank you. ★★★★★

by Jodialgara – Mar 8, 2015

I have never left a review for anything! I am woman who was diagnosed with ADHD as an adult and have been struggling my entire life to find help with organization. I listen to podcasts, read books, pray, take medication and nothing has ever hit home and helped as much as one listen to this podcast. You made me feel like my life struggle with chaos can be maintained and even defeated. No joke, this was the best podcast I have listened to yet. Thank you so much.

Was this review helpful? [Yes](#) | [No](#) | [Report a Concern](#)

Great motivation ★★★★★

by klund08 – Feb 26, 2015

Thank you so much for putting out this podcast. I found it just 10 days ago and downloaded a handful that had intriguing titles. After listening to those I went back to episode 1 and have listened to every one. I'm a stay at home mom of 2 little girls and love the wisdom you've shared about establishing goals, living intentionally, and clearing the clutter in all aspects of life. I've often found myself just "floating" and will be working to put together a plan with my husband of what we really want our life to look like and how we want to spend our time. Thank you, thank you for the content you've shared. I will look forward to any episodes you air in the future!

Was this review helpful? [Yes](#) | [No](#) | [Report a Concern](#)

Fun to listen to & motivated me to simplify life! ★★★★★

by SimplyClearly-Laura Spawn – Feb 4, 2015

I learned about Dan and Vanessa Hayes and Simple Life Together on the podcast Value of Simple, so I thought I'd download their podcast and give it a go. I decided to start with Episode 55, the 7 Habits for Highly Effective Simplicity and was very impressed with how entertaining Dan and Vanessa are to listen to, as well as that they were able to motivate me to continue on with my simplifying and consider some new approaches. I appreciated them sharing their Five Pillars with me, even though that was not the main focus of the podcast. I subscribed to their feed and am looking forward to catching up on past episodes as well as listening to their current! Highly Recommend!

Was this review helpful? [Yes](#) | [No](#) | [Report a Concern](#)

Simple Life Defined ★★★★★

by SherryLCarver.com – Dec 11, 2014

While it is tough not hearing this podcast every week -- I am so happy that Dan and Vanessa have found a way to continue with their great information and ideas for a simple life with the decision to record spontaneously. While they are exploring new directions, they still convey their ability to support each other and keep a positive outlook while researching new ways to fulfill their individual ideas and their family priorities. I am happy to hear their progress whenever they want to "record." They are truly letting us in on the secret to happiness -- change it up and explore new adventures.

Was this review helpful? [Yes](#) | [No](#) | [Report a Concern](#)

## Blog:

And thanks too to **Henriikka in France** who wrote about adopting a walking habit, and to **Katie in Okinawa** who's looking for an apartment there. I vectored her in to my old apartment and hopefully she's found a nice place to rest her head.

Finally, I'd like to thank those of you who've used our free

Website Guide to start your own website. We get a little commission when you use our links and it costs you nothing. If you're considering starting your own site, go to [SimpleLifeTogether.com/website](http://SimpleLifeTogether.com/website) for our free and very comprehensive guide to build your own site. It'll save you tons of time searching around the internet and trying to figure everything out for yourself.

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**CONTACT INFO:** Remember...you can find all our contact info at [SimpleLifeTogether.com/vanessa](http://SimpleLifeTogether.com/vanessa) or [SimpleLifeTogether.com/dan](http://SimpleLifeTogether.com/dan).

### **Wrap Up:**

OK, so that's it for Episode 75 of Simple Life Together. Whether you're downsizing or not, take some time to examine your life from the 4 main areas of Home, Work, Self, and Community. What are some ways you can achieve more 4 Way Wins?

We know people love to share stuff by email and social media that they know others will enjoy, but also that makes them look smart and in the know. And if you've listened this long, Simple Life Together probably falls into all those categories for you. So, share



SimpleLifeTogether.com with a friend. They'll love it and you'll look smart, too!

And take a minute to give a rating and leave a comment on iTunes. If you're not sure how, just go to SimpleLifeTogether.com/iTunes and there's a quick how-to.

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

## SIMPLE LIFE TOGETHER

### **Resources and Links:**

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

All Simple Life Together Episodes  
<http://SimpleLifeTogether.com/showlist>