



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

## Simple Life Together Episode 70: Voluntary Simplicity with Miriam Ortiz y Pino

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 filled you in on all the details of our 3 week vacation, the places we visited, what worked for us, and places we know we still need to improve.

But the bottom line for us is that we know some things we're going to try are going to work and some aren't. We're figuring this out as we go, just like you'll have to.

But we're opting for simple by choice. And as we've mentioned in previous shows, sometimes simple isn't easy. Matter of fact, it can be an awful lot of work to make simple easy...but in the end we're opting to live simply intentionally...in as many areas of our life as we can. And that's going to take a little exploration and effort.

Exploration to find areas and ways to simplify, and effort to take the actions necessary to get things done, to fight that Law of Primacy I talked about back in Episode 30, and establish new ways, new habits, routines, rhythms, and rituals. So if you haven't listened to Episode 30 in a while you may want to go back and review those. We also address them a little more in-depth in the Supermom book, too.

And while I was going to mention the book later, I'll just put it out there now that Supermom vs Supermom, A Simplicity Guide for Busy Moms, is on sale right for just 99 cents in the Kindle Store for the next couple of days only! So, Mom or someone who loves Mom, can pick it up now for a steal and get a headstart on all those back-to-school organization and simplicity things you've been wanting to! Just go to [SimpleLifeTogether.com/supermom](http://SimpleLifeTogether.com/supermom) to get right to Amazon.

Plus, you know you don't have to have a Kindle...you can read right in your web browser, and they have free apps for virtually every smart device on the market. So don't wait, get your copy today.

So, we have a special guest joining us today, too....Miriam Ortiz y Pino. She's a professional organizer who also practices Voluntary Simplicity. We met Miriam after our presentation at the NAPO 2014 Conference in Phoenix and it turns out we have a lot more in common than being professional organizers. She's been practicing voluntary simplicity for a long time now and so we thought it would be great to have her on the show to share her thoughts on what voluntary simplicity means to her and to also tap into some of her tips and advice to those who want to simplify their lives too. So...here's our interview starting off with a quick bio about Miriam....

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**iTunes Reviews: We are overdue on recognizing all the folks who have graciously left us reviews...so let's jump into that now....**

**S-Scharmie writes: Simplicity and Smiles! I love living a simple life. Dan and Vanessa provide practical tips and techniques to help me streamline my life. I was inspired to organize and purge each area in my home**

while listening to the podcast. I love the feeling of intentionally deciding to keep only the things that I use and love. I also savor the joy in being able to pass on belongings for someone else to use. Dan and Vanessa have such great chemistry together that their shared laughter makes me smile. It is easy to feel connected to them. Listening to the podcast makes me feel like they are friends over for dinner who are sharing the benefits from curating the best strategies. I have listened to every episode. I joined the FB page Edit & Forget it (active community). I got obsessed with Tiny Homes thanks to Dan and researched this Teardrop camper they keep talking about. Vanessa inspired me to look at my wardrobe and consider higher quality/less items. I started researching merino wool clothes because I wanted to know why they were so passionate about it. I recommend the podcast for parents who feel overwhelmed and want to simplify to live intentionally since the Hayes are walking that path. (D & V = I really appreciate you two and the quality content you produce. I finally wrote a review because it is a public way to say thank you. Your work is creating a valuable contribution to my simplicity path).

**UtahGator93 wrote: Great inspiration & motivation, &**

fun too! This is one of my favorite podcasts - so glad I found it. Dan & Vanessa have great chemistry, and are amazingly good on-mic - very professional. Great advice and inspiration, and have already motivated me to simplify my life in many ways. Look forward to each new episode.

csmoto: Great podcast!! Thank you Dan and Vanessa!! I am not sure how I found your podcast but am sooo glad I did. I have just started going paperless and have been trying to read as much as I can on the subject.. I started using evernote, 1 password , and the snap scan .. I was delighted to find more tips on all three of these tools on your site! I love your personalities, your down to earth style, and all of your wonderful tips!! Thank you for sharing your journey. I spent the last three days listening to as a many podcast as I could as we were on the road.. Looking forward to that simpler life!! Carol

NU music grad: This is my favorite podcast! Dan and Vanessa are such warm, kind people. Every time I listen to them, I feel like I'm listening to friends. And I always find a gem of wisdom to help simplify my life. I listen while I commute or do my laundry and after each episode I am re-inspired to simplify my life and

examine my priorities. Thank you, Dan and Vanessa, for continuing the podcast and sharing your simple life with us.

**Thankful Sadie: Simply Great!** I am a sculptor chipping away at all of the things keeping me from my simple & beautiful life! Thank you for the encouragement, information, inspiration & just plain fun.

**Don in Maine:** We all have busy lives. Even though I am retired, there are days when I really wished I had 30 hours instead of 24. An hour or so spent with Dan and Vanessa gives such an incredible payback. Not just for the useful information they pass along, but for the humor they present it with. I really appreciate them walking the walk that they preach. Onward and upward-Just at a manageable and slower pace.

**comickdork37:** Simply Excellent! You know a podcast is excellent when you listen to all 60+ episodes in about a week and a half. Not only do Dan and Vanessa start out great from episode 1, but you can literally hear their improvement as hosts and their evolution living as “simple lifers together” over time. LOTS of

great information and the chemistry and love between Dan and Vanessa is obvious and wonderful. Both are funny in their own way and they play off one another very well. Entertaining, informative, and insightful. Thanks!

Here in NJ: Declutterers, Unite! Dan and Vanessa Hayes' podcast provides imaginative ways to organize and simplify your life, and offers camaraderie with others on this often lonely journey. Even with a wonderful premise, many podcasts fail due to poor production quality, lack of synergy among hosts or even just not having voices for radio. In all these areas and more, Dan and Vanessa shine. Simple Life Together has a companion Facebook page with an active community of listeners. I recommend starting with Episode 1 and binging from there, keeping a notebook at hand to write all the little insights you'll gain and want to try in your own life and home. If you're tired of being overwhelmed by to do lists and stuff, Simple Life Together is a great place to begin.

Pen.A (Australia) writes: Thank you. Love love love this podcast. You inspired me to make worthwhile changes to my home. Thank you.

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## **Announcements:**

**SimpleRev Tickets: 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](http://SimpleRev.com). While you're there, check out all the new speakers lined up to help you live a more simple life. Our buddy Joel Zaslofsky has put a lot of work into getting this rolling and we hope to see you there!

**CONTACT INFO:** Remember...if you have questions or comments 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 70 of Simple Life Together. The choice of living a life of voluntary simplicity is up to you. How you define it and how it looks will certainly be different for everyone, but the the one thing that we all share, is that we are choosing to live simpler



lives...deliberately...and on purpose.

Believe it or not, school starts up for many kids here in the States in just over a month! So, be sure to pick up a copy of ***Supermom vs Super Mom: Simplicity Tips for Busy Moms***. It's a Simple Life Guide to Getting Organized, Finding Margin, and Embracing Simplicity for Moms. Just go to [SimpleLifeTogether.com/supermom](http://SimpleLifeTogether.com/supermom) to get one for yourself or a Mom that you know could use some simplicity or a lot more of LESS in their life for under 5 bucks! And for the next few days you can get it for just 99 cents!!!

As usual, you can find all the links and info from today's show at [SimpleLifeTogether.com/070](http://SimpleLifeTogether.com/070).

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**