

Simple Living

Let go of what's not essential so you can fully embrace what's most important to you - a way of Living that's Simple.

- ✓ Clear away clutter in your life.
- ✓ When you buy something new, give away something old.
- ✓ Slow down, simplify .
- ✓ Bring beauty into your life.
- ✓ Focus on the beautiful -in all people, in all places.
- ✓ Exercise, and rest abundantly.
- ✓ Eat in a way that leaves you feeling balanced and energized.
- ✓ Enjoy the wonder and miracle of each present moment.
- ✓ Devote attention, time and love to family and good friends.
- ✓ Absorb nature's splendor.
- ✓ Forgive yourself and others.
- ✓ Reach out to those in need.
- ✓ Count your many blessings.
- ✓ Nourish your soul -every day.
- ✓ Follow your heart -boldly.
- ✓ Be a lighthouse: scatter kindness, hope, love and joy

On the back of this marker, write:

a) A short list of what's most important to you.

b) Changes in how you want to spend the precious gift of time.

Simple Living

Let go of what's not essential so you can fully embrace what's most important to you - a way of Living that's Simple.

- ✓ Clear away clutter in your life.
- ✓ When you buy something new, give away something old.
- ✓ Slow down, simplify .
- ✓ Bring beauty into your life.
- ✓ Focus on the beautiful -in all people, in all places.
- ✓ Exercise, and rest abundantly.
- ✓ Eat in a way that leaves you feeling balanced and energized.
- ✓ Enjoy the wonder and miracle of each present moment.
- ✓ Devote attention, time and love to family and good friends.
- ✓ Absorb nature's splendor.
- ✓ Forgive yourself and others.
- ✓ Reach out to those in need.
- ✓ Count your many blessings.
- ✓ Nourish your soul -every day.
- ✓ Follow your heart -boldly.
- ✓ Be a lighthouse: scatter kindness, hope, love and joy

On the back of this marker, write:

a) A short list of what's most important to you.

b) Changes in how you want to spend the precious gift of time.

Simple Living

Let go of what's not essential so you can fully embrace what's most important to you - a way of Living that's Simple.

- ✓ Clear away clutter in your life.
- ✓ When you buy something new, give away something old.
- ✓ Slow down, simplify .
- ✓ Bring beauty into your life.
- ✓ Focus on the beautiful -in all people, in all places.
- ✓ Exercise, and rest abundantly.
- ✓ Eat in a way that leaves you feeling balanced and energized.
- ✓ Enjoy the wonder and miracle of each present moment.
- ✓ Devote attention, time and love to family and good friends.
- ✓ Absorb nature's splendor.
- ✓ Forgive yourself and others.
- ✓ Reach out to those in need.
- ✓ Count your many blessings.
- ✓ Nourish your soul -every day.
- ✓ Follow your heart -boldly.
- ✓ Be a lighthouse: scatter kindness, hope, love and joy

On the back of this marker, write:

a) A short list of what's most important to you.

b) Changes in how you want to spend the precious gift of time.

Simple Living

Let go of what's not essential so you can fully embrace what's most important to you - a way of Living that's Simple.

- ✓ Clear away clutter in your life.
- ✓ When you buy something new, give away something old.
- ✓ Slow down, simplify .
- ✓ Bring beauty into your life.
- ✓ Focus on the beautiful -in all people, in all places.
- ✓ Exercise, and rest abundantly.
- ✓ Eat in a way that leaves you feeling balanced and energized.
- ✓ Enjoy the wonder and miracle of each present moment.
- ✓ Devote attention, time and love to family and good friends.
- ✓ Absorb nature's splendor.
- ✓ Forgive yourself and others.
- ✓ Reach out to those in need.
- ✓ Count your many blessings.
- ✓ Nourish your soul -every day.
- ✓ Follow your heart -boldly.
- ✓ Be a lighthouse: scatter kindness, hope, love and joy

On the back of this marker, write:

a) A short list of what's most important to you.

b) Changes in how you want to spend the precious gift of time.