

## How to Determine Where to Start Simplifying

The beauty of simplifying is that it takes you from a chaotic place of overwhelm to a place of peace of enjoyment. From decision fatigue to habits and routines, simplifying allows you to let go of the stress of time management and enjoy your time.

1. To determine where to start simplifying in your life consider the following categories and write down what overwhelms you in each one.
2. Reflect on each box. Determine where you feel the most overwhelm and circle that box. This is the area in your life where focusing on simplifying can help you!

Family	Home	Friendships	Office/Career	Children
Routines	Marriage	Time	Self-Care	Money
Fun/Enjoyment	Religion/Faith	Health	Community	Other

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Would you like help to simplify this area of your life? I specialize in working with people to provide them with tools to create more time to LIVE their lives and I would love to work with you!

Visit my website, [www.marniepaul.com](http://www.marniepaul.com), to set up a free coaching consultation!