

UNBLINKERED

Three simple steps to save you time, lighten your mental load and reduce everyday annoyances.

I'm Lesley, and I help people make everyday life easier. I'm all about getting the must-dos done quickly and painlessly so we have more time to actually ENJOY life! Let's get cracking.



How it works:

On the following pages you'll find a load of questions designed to get you out of autopilot mode, so you can find quick and easy ways to make everyday life easier.

Step 1 will help you to recognise which aspects of your day-to-day life are weighing you down (big and small). Step 2 is about questioning everything in order to uncover new, better ways. And Step 3 is about switching to the new way.

Your gut reaction might be to shut down different ways of doing things. That's OK - your way feels familiar and comfortable. But it might not be doing you any favours, so I'll help you explore other options.

It might take a little imagination to picture a new way of doing it - and these questions (and an open mind) will help.

If anything sparks a thought or you'd like to talk it through, I'd love to hear from you.

Lesley x



LET'S GO!

STEP 1: WHAT'S WEIGHING YOU DOWN?

The first step is recognising the (likely many) points of friction in your day.

Some will be big and obvious like figuring out what to cook for dinner. Others will go under the radar because they are small - like the fact you can never find a matching pair of socks. But those small annoyances have a cumulative effect - don't gloss over them.

Let's make a big long list of everything that takes too much time, brainpower or is simply a pain in the arse to do. At the very least, you'll feel better for getting it all off your chest.

What to do:

Here are a few questions to think about each day for the next few days. Write down everything you think of by whatever means you find easiest (phone, notebook, email yourself etc.)

What was annoying today?

What had you shouting profanities (or muttering them under your breath)?

What took too long?

What did you find difficult?

What would you have loved to disappear if you had a magic wand?

What did you procrastinate over?

STEP 2: MAKE IT LESS PAINFUL

After a few days of doing Step 1, look at your list and pick 2-3 things to work through in Step 2. Pick at least 1 big thing and 1 small thing (so it feels manageable, and so you can see that even the smallest things make an impact).

Take each one in turn and go through the following questions.

1. Does it need to be done (at all or as often)?

What would happen if you just DIDN'T do it?

How would it feel?

What could you do with the time/headspace instead?

Can you do it less often?

Are you doing it out of habit? Guilt? Shame? Pressure?

How will you feel if you DO do it? Is it worth it?

Real life examples:

- Folding towels, sheets, tea towels, jumpers straight in the drawer (chuck them in a drawer instead?)
- Reading and responding to umpteen school WhatsApp messages (leave or mute the group?)
- Buying a birthday present for that impossible-to-buy for person (mutually agree to just do cards instead?)
- Bathing the kids every night (how about every 2 or 3 days?)
- Washing the sheets every week (once a month or every 2 weeks instead?)

2. Can you make it easier?

If you can't get rid of the task altogether, there might be ways to make it easier to do. Consider these questions next:

Can you lower the standard? What's the minimum acceptable? (If your gut reaction is "no" - Why? What would happen?)

If you only had 1/2/5 minutes to do this thing, what would you do?

Would batching help?

What's the laziest way you can think of doing this thing?

Real life examples:

- A quick wipe of kitchen surfaces versus a deep clean
- Bulk buying household essentials so you don't have to remember so often
- Switching to online grocery shopping versus going to the shops
- Set up standing orders so payments happen automatically
- Book a holiday in the same place you've been to before
- Send a birthday WhatsApp instead of a card

Top tip:

If you get stuck in a "there's no other way" rut, try asking yourself: "What would it take?"

3. Can someone - or something - else do it?

The next thing to consider is whether it has to be you who does the thing, or if someone else could. Think about this:

Are you the only person CAPABLE of doing it, or just the one who always does?

Who could do it instead? Partner, kids, professional, loved one, skills swap with a friend?

Is there a tool, app, or system that could handle it for you?

Real life examples:

- Kids put their own clean clothes away
- Get a robot hoover
- Hire a handyman / cleaner
- Pay a local teen to mow the lawn
- Ask ChatGPT for birthday present ideas
- Get a dicing gadget to save chopping time in the kitchen
- Order dog food on subscription so it arrives automatically

STEP 3: MAKE IT HAPPEN

Hopefully you've spotted some things you can simply do (or stop doing) straight away.

Others may need a bit of setting up.

It may take a tiny bit of effort now but think how much time and frustration you'll save in the long run!

Let's get it done:

Jot down anything you need to do before you can start the new, easier way e.g. buying a tool, booking professional help, telling someone else about the plan etc.

When can you prioritise getting those things done so that you can start reaping the rewards?

If you'd like to, send the list to me and I will help you make sure it happens (hello@alifelesscomplicated.com).

WHAT NOW?

Shall we do this again, but better?

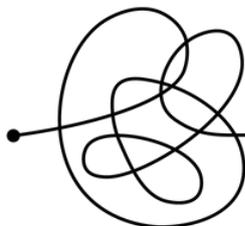
How does this sound...

A free 30-minute chat with me (via voice notes so you can carry on with your day while we chat) to banish more everyday annoyances and free up more time and headspace together.

Just like this download, but even more powerful because you get my brain as well as yours. An outside perspective, fresh ideas, a wing-woman who's great at problem-solving.

And yes, it's free - find out why here

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