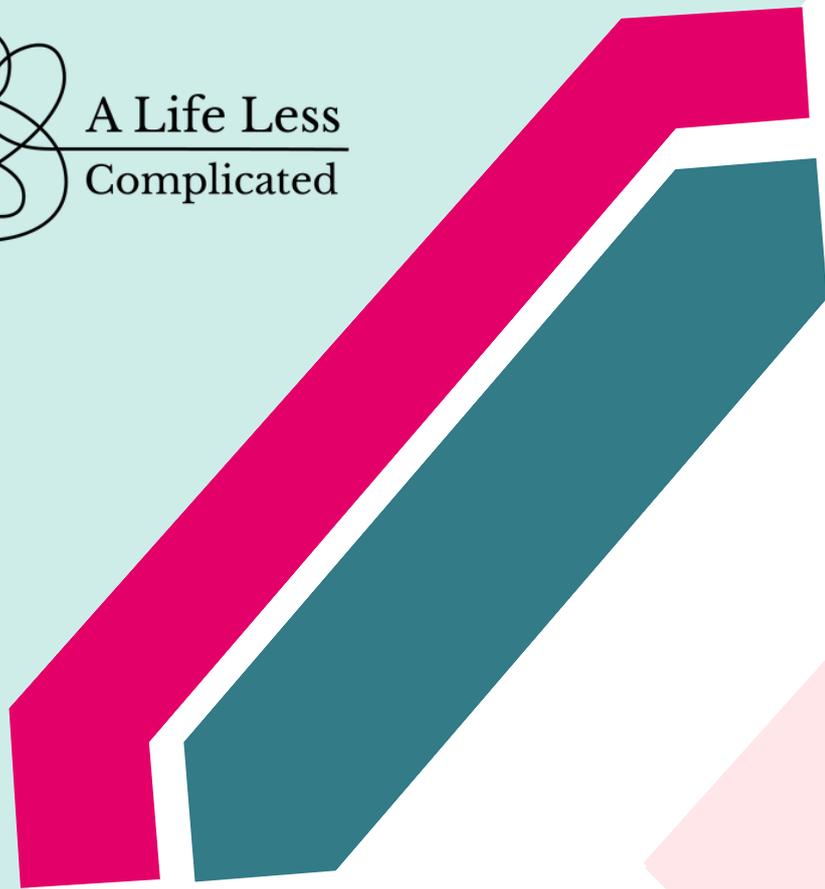


A Life Less  
Complicated



# 92

## ways to **SIMPLIFY** your life



A pick 'n' mix list of ideas to make your day-to-day life easier so you can focus on doing more of the things you love.

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## EVERYDAY SHORTCUTS

1. Wear make-up less often/simplify your make-up routine
2. Set a 10-minute timer, race the clock & get things done, fast
3. Cook double and eat the same meal twice a week
4. Mix light and dark washing (cool wash)
5. Create a 3-week meal plan rotation
6. Don't fold baby/toddler clothes/jumpers/tea towels
7. Get rid of clothes that need ironing
8. Autopilot your week e.g. Monday is hair washing day, Tuesday is laundry day
9. Put fresh sheets on your bed as soon as you take the dirty ones off (the dirty ones can wait for another day)
10. Combat procrastination by doing something you like while doing something you don't e.g. podcast & washing up
11. Have a "uniform" - key items of clothing that you can mix and match

## BUY BACK YOUR TIME

12. Outsource the tasks you resent most or avoid completely
13. Consider occasional outsourcing if regular isn't an option e.g. laundry service during illness
14. Daytime babysitting (often less stressful than evening, and you'll have more energy to enjoy it)
15. Use annual leave for recovery days or admin, not just trips
16. Regularly review who does what in the household

# HOME ORGANISATION

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- 17.** Set up multiple phone charging stations
  - 18.** Use Lazy Susans to store jars and bottles
  - 19.** Keep spare linen in corresponding bedrooms
  - 20.** Store things by activity rather than by type e.g. a baking box
  - 21.** Keep bathroom cleaning supplies in/near your bathroom
  - 22.** Minimise bins so emptying them is quicker
  - 23.** Have a dedicated “drop zone” for everyday essentials
  - 24.** Install motion-sensor lights in dark cupboards
  - 25.** Put most-used items in the easiest to access locations
  - 26.** Use “people drawers” to quickly tidy other people’s stuff (a drawer per person - you chuck stuff in, they sort it out)
  - 27.** Store tupperware in a large box so it doesn’t take over
  - 28.** Declutter, declutter, declutter!
  - 29.** Set a monthly reminder to declutter and donate
  - 30.** Keep day trip essentials in the car
  - 31.** Rationalise your cleaning products (an all-purpose cleaner will do most jobs)

## HOME ORGANISATION (cont...)

32. Alphabetise your spices
33. Colour-code bedding by bed size
34. Use open-top boxes to store items in hard-to-reach places
35. Put extension cables and extra socket adaptors where you need them to avoid constant unplugging and plugging in
36. Keep DIY essentials in the house to save trips to the garage/shed
37. Store loose items like hairbrush/hairdryer/straighteners in a basket so they look tidier
38. Keep a good supply of no-drill wall fixings ready to use
39. Demote out-of-season items to harder-to-reach storage (like under the bed) so it's easy to find in-season items
40. Label everything so you're not the only one who knows where things go
41. Don't pair your socks - wear odd, pair as you wear, or buy all one colour
42. Keep a box in the wardrobe to put clothes to donate as soon as you go
43. Put open-top boxes by the door for seasonal things like gloves/sunhats
44. Keep a basket by the door for outgoing items - library books, post, borrowed items



## LIFE ADMIN

45. Automate all payments (ALL of them!)
46. Create a master grocery list of stuff you need every week
47. Book in time to get life admin done each week/month
48. Cut back your birthday/Christmas gift giving list
49. Set up a shared digital family calendar
50. Schedule recurring meet-ups with friends e.g. first Saturday of the month
51. Keep a "present ideas" list and add to it whenever your friends/family mention things they want or need
52. Have one bank account for bills and another for everything else
53. Create recurring reminders for EVERYTHING (birthdays, policy renewals, bin day...)
54. Buy everyday items on repeat subscription
55. Batch buy so you can buy less often
56. Get groceries delivered
57. Bulk buy stamps
58. Bin or file incoming post as soon as it arrives
59. Do a skill swap - give away a task that you find difficult and swap it for one that you find easy
60. Team up with friends/neighbours e.g. alternate the school run or walk each other's dogs
61. Know any teens looking for pocket money? Hire them to do odd jobs or watch the kids while you get stuff done



## DIGITAL ORGANISATION

62. Create a separate email address for booking/order confirmations
63. Create nicknames for payment cards in your phone for easy checkout
64. Unsubscribe from unwanted emails instead of hitting delete
65. Use a bank with virtual pots to stay on top of spends
66. Review your phone notification settings (reduce them!)
67. Set Do Not Disturb times on your phone
68. Leave or mute unwanted WhatsApp groups
69. Enable the autofill feature on your phone and check details

## HOLIDAYS

70. Go places your friends'/family's have been - minimal research, maximum enjoyment
71. Create a master packing list to be used for all holidays
72. Plan a post-holiday day off work to unpack and reset
73. Book a grocery delivery for the day you get back
74. Dedicate one suitcase as a dirty laundry bag
75. Rebook this year's holiday for next year
76. Book a post-holiday laundry service
77. Use packing cubes





## USEFUL PURCHASES

78. Bigger cleaning tools (e.g. large sponges not small ones)
79. Re-useable birthday decorations
80. All things second-hand (makes it easier to let go of them when they are no longer needed)
81. A shredder to immediately get rid of paperwork you don't need
82. No-screw hooks (for hanging pictures, tea towels, bibs...)
83. Elastic shoe laces to create slip-ons
84. An annual birthday card stock-up
85. Good quality household tools and appliances - think of them like household staff
86. Over-the-door hanging organisers
87. An electric screwdriver
89. Frozen prepped veg
90. Weekly wall planner
91. Label maker
92. Less. Just buy less.



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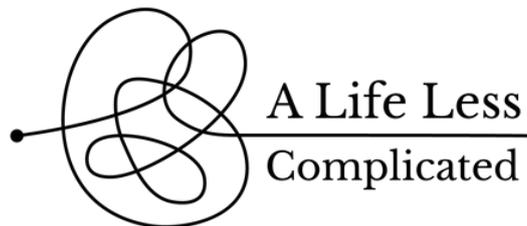
ways to **SIMPLIFY**  
your life



I hope you found these ideas useful!

I would love to know which you're going to try out.

Look out for more tips like these in my weekly(ish) emails: The Juggle.



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