

The 10 Most Important Things to Simplify in Your Life



By Joshua Becker | [Becoming Minimalist](#)

“Purity and simplicity are the two wings with which man soars above the earth and all temporary nature.” –Thomas Kempis

Simplicity brings balance, freedom, and joy. When we begin to live simply and experience these benefits, we begin to ask the next question, “Where else in my life can I remove distraction and simply focus on the essential?”

[Related Article: Why Simple Living is the Forgotten Key to Self Actualization](#)

Based on our personal journey, our conversations, and our observations, here is a list of the 10 most important things to simplify in your life today to begin living a more balanced, joyful lifestyle:

1. Your Possessions – Too many material possessions complicate

our lives to a greater degree than we ever give them credit. They drain our bank account, our energy, and our attention. They keep us from the ones we love and from living a life based on our values. If you will invest the time to remove nonessential possessions from your life, you will never regret it. For more inspiration, consider [*Simplify: 7 Guiding Principles to Help Anyone Declutter Their Home and Life.*](#)

2. Your Time Commitments – Most of us have filled our days full from beginning to end with time commitments: work, home, kid's activities, community events, religious endeavors, hobbies... the list goes on. When possible, release yourself from the time commitments that are not in line with your greatest values.

Related Article: 7 Effective Ways to Keep Yourself Grounded & Present

3. Your Goals – Reduce the number of goals you are intentionally striving for in your life to one or two. By reducing the number of goals that you are striving to accomplish, you will improve your focus and your success rate. Make a list of the things that you want to accomplish in your life and choose the two most important ones. When you finish one, add another from your list.

4. Your Negative Thoughts – Most negative emotions are completely useless. Resentment, bitterness, hate, and jealousy have never improved the quality of life for a single human being. Take responsibility for your mind. Forgive past hurts and replace negative thoughts with positive ones.

Related Article: How To Change Your Negative Beliefs

5. Your Debt – If a debt is holding you captive, reduce it. Start today. Do what you've got to do to get out from under its weight. Find the help that you need. Sacrifice luxury today to enjoy freedom tomorrow.

[READ THE REST OF THIS ARTICLE...](#)