



How to simplify life

How many of us live life as if we are like automatic machines doing our work and duties without having fun?

How many of us live life just to have all the pleasures and fun what life has to offer us?

How many of us feel that life is a big struggle and challenge?

How many of us have felt heartbroken with broken relations?

How many of us feel that we are having too many worries regarding financial challenges?

How many of us are really worried for our future and health problems?

I would be quite sure that most of us want to spend time with loved ones and have loving relations, have time for hobbies, fun and pleasure, do the work what really interest you, have good time for personal goals for good health and peace, earn enough to feel good to make ourselves confident and successful...

And if we are not doing all this, then we need to simplify our lives.

1. Figure out what is really important to you , what makes you happy and priortize your tasks accordingly and get things done without being stressed.
2. 2.analyze your current routine. Has it helped your work? Has it helped your health? have you been able to prioritize tasks according to what's really important?Are you able to take time out for friends and family? Is the routine desined for you to be happy?
3. Simplify household tasks, routine chores, organize in a manner of easy function and not stressing you.
4. Get rid of things, books, clothes, papers, dvds, cds, gadgets, etc. which are of no use. Declutter and organize your home and workplace. Make things look simple and clean in your surrounding
5. Don't buy things you might not use, you may have bought thinking they would be of great help.
- 6.
7. Go paperless and use latest technology to avoid paper clutter. 8. Delegate tasks, get help, collaborating with friends in various aspects of life, seeking help from experts who knows it better than you- all this helps you to carry on with life without being stressed and frustrated.
8. Disconnect often from mobile, tv, computer, people and routine activities. try connecting with your own self, do meditation, go for walk in the nature, do things which you always wanted to do and never found any time, please yourself, love yourself.

9. Find time in the night, go through the whole day, find out what allowed you to be happy, forgive yourself and others for whatever mistakes done, find out what changes could have been made so that you feel you had used your knowledge, intellect and potential in the best manner for your highest and best growth.

With Divine Guidance for your best life
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