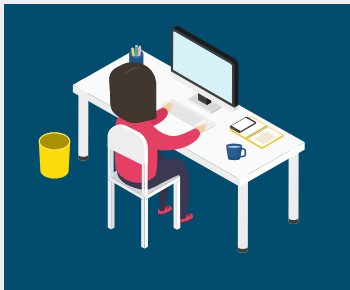


# SIMPLE living goals

By Sarah Woden



- SIMPLIFY YOUR WARDROBE.** Capsule wardrobes mean less washing too!
- PUT AWAY THE EXTRA CUTLERY AND CROCKERY.** You only need one set for each member of the family.
- ALWAYS CARRY A REUSABLE WATER BOTTLE.** Enjoy an outing intentionally rather than buying drinks every time.
- CONSIDER THE ROLE OF SINGLE-FUNCTION ITEMS** in your home (for example, an egg cooker serves one function only).
- STEP BACK FROM CONSUMERISM.** Be intentional and mindful of what you buy.
- LEARN TO OP SHOP,** go to garage sales or trade for the things you need.
- DECLUTTER** your home, especially your work space.
- STOP AND ENJOY THE VIEW!** Be grateful.
- TAKE TIME TO TALK** as a family without the presence of technology or distractions.
- REDUCE YOUR WASTE.** Learn to compost and swap to reusable bags and cups.
- BONUS FOR FAMILIES.** Reduce the toys. Try putting away anything with batteries for a month.

ILLUSTRATION BY FREEPIK

Want to read more? [MumsAtTheTable.com/simple\\_happy\\_free](https://MumsAtTheTable.com/simple_happy_free)