

Sweet Guide to *Simplifying* Choices

Save the complicated choices for those occasions when variety is its own reward. Do you enjoy eating out, choosing books or movies, shopping for clothing, or accessorizing your outfit each day? Then, leave those choices intact. But for those tasks you do daily when having to decide among many options leaves you dissatisfied and disillusioned, minimize your choices. I've picked a few categories in my own life what would benefit from some simplification and asked a few leading questions below to help you simplify your own life.

QUESTIONS TO ASK:

- What routines could you establish?
- What choices could you eliminate?
- What choices could you minimize?
- What choices could you automate?
- What choices could you combine?
- What rules could you create to help you choose?
- What choices should you put off until you can actually respond?

CATEGORIES TO CONSIDER:

- Morning Routine
- Wardrobe
- Chores
- Email & Other Correspondence
- Other administrative Tasks
- Invitations
- Grocery Shopping
- Meal Planning
- Nighttime Routine

Unfortunately, the proliferation of
CHOICE
in our lives robs us of the
OPPORTUNITY TO DECIDE
for ourselves just how
IMPORTANT
any given decision is.
— Barry Schwartz,
The Paradox of Choice: Why More Is Less

My Plan:

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