

Title:

K.I.S.S. - Keep It Simple Sweetie

Word Count:

491

Summary:

We live in such a fast paced world and finding ways to simplify your life can help to create a

Simplicity involves freeing your time, money, and energy so that you can pay more attention to

Here are just a few tips on how to simplify your life:

1 - Control your time. Take a good hard look at your dialy schedule and then begin to tweak it

Keywords:

Article Body:

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Here are just a few tips on how to simplify your life:

1 - Control your time. Take a good hard look at your dialy schedule and then begin to tweak it

2 - Don't Sweat the Small Stuff. I know this is easier said than done, but learning to let thi

3 - Get Help. If you get to the point where you are feeling overwhelmed with your personal and

4 - Clear out the Clutter. I know you have heard this one before but I can't stress it enough.

5 - Simplify your Meals. Start preparing dishes which will provide several meals. Stews, casse

6 - Take Care of You. During the course of your day be sure to take out time to relax. Carve o

Remember that your life is blessed with many different aspects. Keep them all in balance, and

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