

25 WAYS TO MAKE LIFE EASIER

- Buy a planner.
- Declutter your space.
- Set aside time for yourself.
- Keep a recipe box.
- Exercise.
- Listen to inspiring podcasts.
- Organize your desktop.
- Automate things.
- Clear out your inbox.
- Keep your water bottle near you.
- Learn how to time block.
- Go paperless.
- Have a “spot” for important items.
- Spend time outdoors.
- Use self-care apps.
- Plan your budget.
- Pick out your outfit the night before.
- Do a brain dump in your journal.
- Make a playlist for various daily tasks.
- Let go of toxic relationships.
- Create monthly goals + stick them on your fridge.
- Use Google Calendar.
- Create a simple daily “to-do” list.
- Develop a consistent routine.
- Ask for help.