



*“Ability is what you are capable of doing,
motivation determines what you do
and attitude determines how well you do it.”*

--Lou Holtz

A is for Attitude

Things you can control

M. McIntosh, Ph.D.

"The Productivity Professor"

- What you wear
- What you think
- With whom you associate
- How you spend your time
- What you do with your money
- Where you work
- Your responses to others
- Your attitude
- Portions of your environment
- What you ingest—food and drink

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Does the idea of simple living bring forth the vision of a monastic cell, a country home or a one-room cabin on Walden Pond? Do you wonder how anyone could possibly think about simple living in the midst of trying to make ends meet? We all share in the hustle and bustle of daily living—earning money, spending money, inside chores, outside chores, time here and time there. So, you ask, “What is simple living?”

Janet Luhrs, author of *The Simple Living Guide*, informs us that simple living is about the attitude we bring forth each day – our attitude towards money, time, energy, possessions, family, friends and a whole lot more. It is deciding what is important and what adds joy to life. It is about letting go of non-essentials and those things that are just in the way.

Here is an experiment to determine where you fit into the simple living attitude. First, decide what your core values are, then begin to align your lifestyle accordingly. Deliberately choose how to spend your time, money and energy as you filter these needs through the priorities you have chosen. Free yourself of debt. Let go of possessions that possess. Learn to say *NO* to unimportant things in order to have the resources to say *YES* to something better. Live in the present moment.

Simple living is a choice. Each day it is your choice to add joy, fulfillment, passion, and love to your very existence while eliminating those things that drain time, money and energy. Ask yourself these questions:

- How complex have I allowed my life to become and is it worth the price I am paying?
- Do family and friends take a back seat while I spend time, money and energy trying to elevate my social status?
- Do I seek instant gratification which has the potential to increase credit card debt?
- Is my schedule a constant hassle, pulling me here and there without satisfaction or accomplishments?
- Am I always apologizing for my forgetfulness or failing to keep my word?
- Am I constantly searching for something to wear while clothes spill out of the closet?

- Are my closets, attic, basement and garage crowded with gadgets that were once important but no longer hold my interest?
- Have I fallen prey to renting a storage unit to handle the overflow of possessions?
- Is "getting organized" a new year's resolution year after year?

Stop for a moment and look around. What things have you chosen in the past that are no longer pertinent today? Is it time to eliminate them from your life?

Strive to keep life simple by establishing a new protocol. Change your attitude. Focus on core values — those things that are truly important to you — and your choices will be easier.

The attitude of simple living comes from consciously making wise choices. As Henry David Thoreau once said, "*Only that day dawns to which we are awake.*" Once you wake up and align your choices with value, you will find a new sense of control.

Attitude is everything!

Are you ready?

Thomas Leonard, wrote in his book, *The Portable Coach*, that simplifying your life can be as easy as saying, "Wow, I'm ready for a very, very simple life at this point in time. What major change would I need to make to get on that track?" Let's examine that track.

Spending less money is a great first step. Choose your possessions carefully and you will have more space and less to manage with more free time as an added value.

Prune out the yakety-yakkers. Relationships and acquaintances can consume a great deal of our time if we allow it. Learn to set boundaries and communicate those limits to others in your life. To simplify relationships, identify the 10 most important people in your personal and professional life and focus on them.

Before you jump at new opportunities, stop for a moment and take a breath. Give yourself time to screen this new juncture to see if it would add value to your life or needlessly complicate it.

Eliminate promises. Do things because you want to, not because you feel obligated. When you make a promise, it now becomes an obligation—a must do! If you have the time and choose to do something for someone, then by all means, say yes. Everything is a choice in life.

"Think about any attachments that are depleting your emotional reserves. Consider letting them go."

~Oprah Winfrey



Do you have time?

Time is a resource and we all place heavy demands on it.

Change your perspective a little and look at time as an opportunity, as a chance to make choices about how to spend that resource.

Remember it is your choice. Keep it simple!