

A scenic landscape at sunset with mountains and a wooden railing. The sun is low on the horizon, casting a warm glow over the scene. The mountains are layered, creating a sense of depth. A wooden railing is visible in the foreground, and a small evergreen tree is on the left side.

# SIMPLICITY *Now!*

5 little-known ways you can  
simplify your life today

C A R M E N S H E N K



## *Do the Doo-Dah Dash*

- Grab some boxes, bags, or laundry baskets.
- Set a timer for 15 minutes.
- Quickly move around your home grabbing everything you no longer love or need.
- When the time rings, take out the trash, including recyclables.
- Remove all items to be donated from your home.





## *Remove malignant items*

- A "malignant" item is something with negative feelings attached - such as obligation, shame, or scarcity.
- Exercise equipment is a common example of a malignant item if I feel shame that I don't use the equipment. Donate it
- When I wanted the really nice thing but bought the lesser thing instead, because I couldn't afford the nicer thing... the cheap one can become a symbol of scarcity, and therefore become a malignant item. Donate it!
- Letting go isn't just about things we like. Sometimes letting go involves things we don't like... or things we keep out of obligation. Let them go!
- Take out the trash, including recyclables.
- Remove all items to be donated.





*Donate  
WFO's*

*(unfinished objects!)*

- I WANT to be the person who makes all the clothes I wear. Or maybe I could just buy clothing at a thrift store and make some small alterations and then I could enjoy wearing an original... alas. I am not that person. Donate!
- I WANT to be the person who makes French onion soup for a crowd, with homemade bread and homemade cheese served on fine china with real silverware and cloth napkins for everyone... alas... I am not that person either. You get the idea.
- Today's assignment is all about letting go of unfinished objects and projects. It's also about letting go of who we thought we were - that we are not. And it's perfectly ok to be who you are today - not who you wish you were. So let go of an unfinished project today, and enjoy the sense of freedom that comes from not needing to please anyone but you.

*Carmen*  
SHENK



## Refocus Retail Therapy

- Years ago I did a little inventory of the stuff in my bathroom. Turns out, I had been engaging in some serious retail therapy without even realizing it. I had a remarkable collection of lotions and potions to "treat myself".
- I looked around at all the single use plastic plastic containers with their colorful labels and interesting fragrances and had a "come to Jesus" moment. There were SO MANY. From then on, I decided not to purchase another until I used up all I had.
- It took TWO YEARS! (And then I just threw the rest away.)
- Take a look over what you own. What are you collecting?
- Make a plan for what you'll do next time instead of collecting.
- For example: create a great meal with your significant other, or share an experience together. Focus your "retail therapy" on connection instead of collection.





## *Clean your Closet*

- Remove everything from your closet.
- Return to your closet only items that fit you, that are in good condition, and that look good on you.
- Carefully go over out-of-season clothing and package up good quality items that are clean and in good condition. Stow those items out of the way.
- Take out the trash.
- Remove items to be donated from your home.





Carmen Shenk helps overwhelmed people minimize the chaotic and mundane aspects of life to make space for meaning, mission, and contentment.

Visit [TheSimplicityMindset.com](https://www.thesimplicitymindset.com) to go deeper on simplicity mindsets that will remove chaos from your life - with Carmen cheering you on each step of the way!

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@CarmenRoseShenk



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