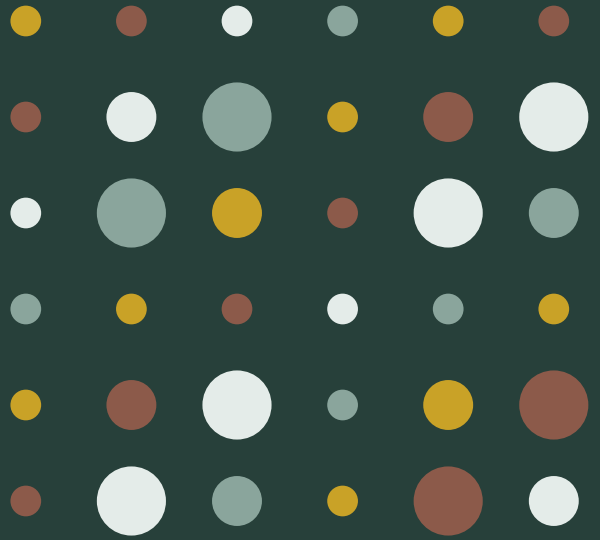




Simple Living Starter Workbook

Start with what matters

General information only.

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Values worksheet

Know what you're making room for.

With one extra free hour a day, I would

The five things that matter most to me

Where my time goes now

Where my money goes now

The gap I most want to close

30-day tracker

One small task a day. Tick it off.

	Day 1	Day 2	Day 3	Day 4	Day 5
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					

— 100 —

Write it down. Wait 30 days. Then decide.

[illegible]

— 100 —

Every regular commitment, honestly.

[illegible]

Reflection

After 30 days.

What felt lighter

What I didn't miss

What I'll keep doing

What I'll try next

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