

# Burnout Recovers Through Simplicity

## One-Week Simple Living Checklist

When everything feels too loud, simplicity becomes medicine. Small decisions can give your mind room to breathe again.



*Simplify meals, plans, or gifts for one week and notice how your body softens.*

- Simplify one meal by repeating it this week**
- Cancel or shorten one plan that feels heavy**
- Choose one gift or expense to keep simple**
- Reduce daily decisions by choosing one default**
- Create one quiet window with no input**
- Lower one expectation you have for yourself**
- Leave one thing unfinished on purpose**

**What feels lighter when I simplify?**

Make room by doing less.