

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.