

A photograph of a classic interior. On the left is a large window with a grid pattern. In the center is a wooden door with a decorative panel. On the right is a red upholstered chair with a wooden frame. The floor is light-colored. A dark green rectangular overlay is centered on the image, containing white text.

100
WAYS TO
Uncomplicate
LIFE

philosophy *of* leisure



First of all, it's so important that we understand how truly fortunate we are for the many opportunities so many of us enjoy today.

One overarching theme in finding a counterbalance to our very complicated world of too much choice, too much work, too much connectivity, too much input and too much stuff, has been finding ways to uncomplicate life—and to divest ourselves of things that no longer resonate, whilst streamlining what we allow to stay.

In that spirit, we've updated one of our most loved lists, to include links to resources that will assist in recalibrating toward a life of greater energy and ease, no matter who we are, where we live, or what circumstance we find ourselves in. It's a reset, if you will, for taking back control of the pace and cadence of our lives, through buying less/choosing well/making it last, using an artisan's work model, practicing radical acceptance, having fewer, deeper relationships and prioritizing sleep, leisure, health, connection and relationships, over work and consumption.

The original post, inspired by my late grandfather, and his belief that we overcomplicate things by eating when we aren't hungry, not allowing ourselves to eat when we are, by buying things we don't need and can't afford to maintain, yet not asking for what we want and need from others, and working to the point of exhaustion, and trying to push through, even when our brains and our bodies are crying for a break; is one of the founding pillars of Philosophy of Leisure, and our belief that we're the architects of our lives, and have a significant hand in the building of a slower, healthier lifestyle, filled with happiness, organic growth, and holistic success through the daily choices we make.

We hope you enjoy the update, and that it brings you closer to reverse engineering your life to fit your ideal!

WITHOUT FURTHER ADO...

01. Don't try to read other people's minds
02. Set the alarm for 30 minutes earlier, so that you can enjoy a more leisurely, intentional start to the day (as research suggests)
03. Get 8 hours of sleep per night, so that you think more clearly, and have the bandwidth to manage the inevitable challenges in life
04. Create a sustainable budget and stick to it
05. Start saving and investing every week, no matter how little you can spare, so that you secure your retirement
06. Review your bank statements
07. Don't try to be friends with everyone. Cultivate closer, deeper relationships with fewer people.
08. Don't try to do business with everyone. Identify your target client and take very good care of them.
09. Before becoming angry or offended, ask yourself if it will really matter in 20 years, and if you might have misunderstood the situation, or the other person's intent.
10. Focus on being a good person, not on pleasing others
11. Stay home one Saturday a month and finish off those nagging chores
12. Spend 6 hours a week to make your relationship better
13. Make a weekly menu, and shop for only the items needed, to prevent clutter in your pantry and to avoid being wasteful with both food and money
14. Ask your grandparents the best way to uncomplicate life, and try it for a month
15. Fill up your gas tank when it's half full
16. Don't drink alcohol when you're tired, sad, or mad
17. Pay your bills on time
18. Don't buy things you can't afford to maintain
19. Say "I love you" to your significant other and to your children every day, even during less than harmonious times. Studies show that more marriages last, and fewer kids use drugs, when these words are spoken every day. Besides, real love lasts, disagreements don't.
20. For just one day, imagine everyone's intentions are good because most people's are
21. Donate clothes that haven't been worn in two years

22. Reduce your fashion footprint by following the reduce, rewear, recycle, repair, resell model
23. When you have a conflict with someone, talk it out. Don't let it turn into more than it is.
24. Practice radical acceptance
25. Tell the truth
26. Don't cheat
27. Don't steal
28. If you're holding on to a grudge, let it go
29. Clean your house weekly, so that it doesn't become too large a chore
30. Do your best at work, or at school, without fear of failure or success
31. Don't eat when you aren't hungry
32. Eat when you are hungry
33. Accept what is, no matter what that is.
(Medically reviewed)
34. Say no unapologetically
35. Adopt the Slow Food model, and cook simple meals with whole foods
36. Don't try to keep up with the Joneses
37. Pay off your car before buying a new one
38. Organize your desk, and your office
39. Change your smoke alarm batteries when the clocks spring forward, and again when they fall back
40. Organize your important paperwork, so it's easy to locate in an emergency
41. Take only half the clothes that you planned to take with you on holiday, but budget to spend twice the amount of money
42. Help your children with their homework every night, and have an open dialogue with their teachers
43. Have white sheets and white towels in children's rooms/bathrooms, because they're easily bleached
44. Spend your time with nice people
45. Avoid drama
46. Don't text, talk on the phone or eat while driving (all contribute to avoidable accidents)
47. Forget technology limits, instead try turning off all devices for one uninterrupted hour per day - Spend the found time connecting in person with friends or family.
48. Avoid office politics
49. Refuse to gossip, or talk behind other people's backs
50. Do the dishes right after dinner
51. Table escalating conversations, until they can be had respectfully
52. Ask nicely for what you need and want, and objectively base relationships on reciprocal love, kindness and respect
53. Take 10,000 steps per day to help your heart

54. Sleep on it before speaking in anger, or sending an aggressive text or email
55. Leave work at work
56. Don't befriend, or do business with, anyone who isn't trustworthy
57. Build a life of your own that you love, so that envy has no room to take root
58. Service your car when it's due
59. Take vitamin C during cold and flu season
60. Don't work more than 8 hours per day, unless it's necessary for basic standards of living
61. Weed your garden weekly
62. Wash your car weekly
63. Have a spring cleaning month every year, and do one room at a time
64. You don't need to be best friends with work colleagues, but build respectful partnerships
65. Don't drink and drive
66. Don't look for reasons to be angry or sad, look for reasons to be happy or grateful. You'll always be able to find plenty of each.
67. Be friendly with your neighbors
68. Return emails and phone messages promptly
69. Schedule in unplanned and unproductive time for your wellbeing
70. Don't procrastinate
71. Do what you say you'll do, when you say you'll do it
72. Be more flexible when you're able to be
73. Forgive and forget. *End of story.*
74. Break the consumerism habit - put a three month moratorium in place, and don't buy anything not deemed a necessity
75. Start your eating plan on September 1, rather than January 1, so that you won't also have holiday pounds to shed
76. Take care of any health issues or concerns immediately, before they become serious
77. Have your tires rotated regularly
78. Take people at their word, and at face value
79. Have your eyes checked annually
80. Don't let your imagination run away with you
81. Let go of perfection in others
82. Let go of perfection in yourself through Wabi Sabi
83. Don't try to fix those who don't want to be fixed
84. Find a way to reduce your commute to work
85. Have an allotted amount of worry time per day/week, that you strictly abide by
86. Drink more water
87. Eat more salmon
88. Don't make a mountain out of a molehill
89. Wear classic hair styles and clothing, rather than following every trend
90. Challenge your own thoughts and assumptions, and learn to love what is

91. When someone says 'no', accept their boundary with love and respect
92. Create a daily routine
93. Have a 1, 5, 10 and 20 year plan for your financial and life targets
94. Slow down, and be present
95. Eat out less often
96. When you ask your significant other which outfit looks best, thank them and wear the one they liked rather than trying to figure out why they didn't like the other one
97. Raise children to be kind, optimistic and resilient, rather than focusing on what they should do for a living
98. Clean out your garage, and donate anything that hasn't been used in the past year
99. Stretch every day
100. If a relationship is over, let it go

*Warmly,
Dee Anne*

& THE POL TEAM

