

Ideas for Simplifying Your Pace of Life

Slowing

- Deliberately drive in the slow lane for a day.
- Chew your food slowly, putting down the utensil after each bite.
- Focus for a day on listening much more than speaking.
- Pause for several breaks during the day.
- Leave your watch off for a day.

Saying "no"

- Skip lunch for one day - say no to a meal and devote that time to prayer or journaling about your pace of life.
- Keep a log of how you spend your time during a typical week. Ask someone to review it with you, looking for activities to eliminate.
- Look in the mirror in the morning and watch yourself say "no," politely but firmly ten times. Then say no to something that day.
- What is an activity or involvement you might stop doing eventually? Could you stop doing it now? Discuss with your spouse or a friend.
- Cancel a magazine subscription--knowing you can start it up again in a few months if you really miss it.