

# Simplify Your Life!

## 52 Ways to Save Time and Money This Year

Visit [BoomerEcoCrusader.com/simplify-your-life](https://BoomerEcoCrusader.com/simplify-your-life) for tips and details.

### Goals

- Smaller monthly goals
- Track progress
- Daily priority list

### Time

- Schedule downtime
- Stop multitasking
- Lay out items for morning before bed
- Say no

### Money

- Automate bill payments
- Go paperless
- Consolidate accounts
- Store loyalty cards in an app
- Make a budget
- Lower your fees

### Shopping

- Shop with a list
- Buy only what you need
- Try a Buy Nothing challenge
- Rent or borrow items
- Discover thrifting
- Use a price match app

### Food

- Freeze leftovers in single-serving portions
- Prepare healthy snacks ahead of time

### Space

- Declutter!
- Repurpose existing containers for storage
- One-in one-out
- Adopt the 2-minute tidy

### Health

- Work out at home
- Choose water over sugary drinks or alcohol
- Revisit vitamins & supplements
- Build walking into your day
- Prioritize sleep
- Practise mindfulness

### Clothing

- Air dry clothing
- Shop your closet
- Wash clothes less often
- Vertical storage
- Carry a smaller purse

### Travel & Entertainment

- Travel with just a carry on
- Cancel subscriptions
- Read more
- Use the library
- Plan a staycation

### Technology

- Turn off notifications
- Delete unwanted apps
- Limit tech time
- Unsubscribe from emails
- Unfollow influencers
- Back up to the cloud

### Personal Care

- Reduce the number of beauty products you use
- Embrace your natural hair and skin

### Gift giving

- Charitable gifts
- Recycled gift exchange
- Experience gifts



*Quality Over Quantity  
in All Things*

