Simplifying

*1. Reduce input*

Decide what you’re going to do and write it down in your journey notebook. You might…

* Have a week off Facebook/Twitter/Assassin’s Creed/online poker;
* Turn off your computer/TV/Smartphone for forty minutes to an hour before you go to bed;
* Try only having one window open on your computer at a time;
* Try not checking Facebook, email etc., whilst writing that work document;
* See if you can eat without having the radio/BBC iPlayer/tablet on;
* Decide not to check your emails before breakfast or last thing at night;
* Have a week without listening to your iPod shuffle;
* Have a week off answering emails on your smartphone.

*2. Cultivate discipline*

Part of the journey is cultivating mental discipline, for instance by being able to delay gratification. You might:

* Have an alcohol-free week, or junk-food-free week, or a junk-TV-free week;
* Do regular exercise;
* Reduce your caffeine/alcohol/YouTube/pornography intake.

*3. Do the things you’ve been putting off*

You could:

* Sort out your in-tray at work;
* Tidy your desk;
* Take those bottles to the bottle bank;
* Sort out the files on your computer;
* Do that irritating bit of DIY you never seem to get round to.

*Remember……*

Simplifying our lives is part of cultivating a fit mind, which we will need to travel on The Journey. Many of the suggestions above may seem daunting but trying them will help you to see what works for you and enable us to discuss them in our group.