



Living Life LOUD

Month 3 – Theme Call SIMPLICITY JUNE 2016

SIMPLICITY is all about _____ in our material world (which will, likely, carry over to our _____ as well!).

Why is this good?

1. _____

2. _____

3. _____

4. _____

Why is this trending now?

Downsizing: _____
 _____ : 1 million results
 _____ : 181 million results

Simplicity: _____

We long for _____ – physical, mental, emotional.

What's behind it?

STUFF WON'T _____.

What does the science say?

_____ – the _____ we have, the _____ we value any one THING.



Why do we want more than we need?

1. _____

2. _____

3. _____

4. _____

5. _____
6. _____

Why is this a problem?

1. _____
2. _____
3. _____
4. _____
5. _____

The average American home size has grown from _____ to _____ . Personal storage generates more than _____ in revenue each year. Reports indicate we consume _____ as many material goods today as we did 50 years ago. All while carrying, on average, nearly _____ in credit-card debt¹.

Why is it hard to change?

1. _____
2. _____
3. _____
4. _____

So, what do we do?

1. _____
2. _____
3. _____
4. _____

¹ <http://www.becomingminimalist.com/fooled/>

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____

11. _____

**HE WHO DIES
WITH THE MOST TOYS
STILL DIES!**

Summary:

[Becoming Minimalist](#) blog

[Does This Clutter Make My Butt Look Fat?](#) By Peter Walsh (Clean Sweep)

[It's All Too Much](#) by Peter Walsh

[Throw Out 50 Things](#) by Gail Blanke