

Simple Living Challenge

Lent 2023 | Trinity Reformed Church

Technology

- Update cell phone settings so that you only receive pop-up notifications for essentials like texts and phone calls. Eliminate notifications for social media and other miscellaneous apps.
- Set a boundary around your technology usage (ex: no cell phone / tv after 8pm).
- Unsubscribe from spam/promotional email subscriptions.
- Take a week to fast from social media or YouTube/Netflix/Hulu.

Material Possessions

- Go through your closet / shoes and donate what you don't wear.
- Declutter around the house and donate or give away what you don't need.
- Consider sharing various possessions with your neighbors instead of insisting each household has their own (ex: snowblower, lawn mower, tools, kids toys, etc.)
- Reduce paper / desk clutter by storing files digitally.
- Switch to paperless bills / subscriptions to reduce mail clutter.
- Gift experiences or consumable goods (ex: homemade cookies) rather than "stuff".
- Borrow a book (or board game or movie) from the library before buying new.

Finances

- Make a budget, and stick to it.
- If debt is holding you captive, make a plan to reduce it. (See ideas [here](#).)
- Create a weekly meal plan and grocery list to reduce food waste at home.
- Before buying new, see if you can buy used or borrow from a neighbor.
- Be mindful of your online impulse purchases.
- Resist "retail therapy" / shopping for entertainment.
- If you don't need something, don't buy it.

Your Time

- Evaluate your commitments. Is there anything you need to step away from?
- Evaluate your daily routine. Is there anything you need to eliminate?
- Be present with the person in front of you. (Put away your phone / distractions.)
- Focus on one task at a time (resist the urge to multi-task).
- Leave margin in your day (don't schedule things back-to-back).

Looking for more ideas? Learn more from author Joshua Becker at becomingminimalist.com