Voluntary Simplicity

Getting Started

Because simplicity is “a matter for each individual to settle for her/herself,” no one-size-fits-all process exists. However, there are some common questions to consider that can help. Beginning with these four questions will get you started:

1. Write your own definition of Simplicity. Don’t look up the definition in a dictionary, instead consider what it means to you and what you value about the concept.

2. Identify ways in which your life already includes simplicity. Make a list of some ways you have streamlined your life – include longstanding trademarks of your behavior that tend toward simplicity as well as new behaviors you may have adopted during the last year.

3. Think of someone you know or have read about whom you see as living a life of Voluntary Simplicity. What is it about them that you perceive that qualifies them as leading a life of simplicity?

4. In what ways would you like to express more simplicity? Make a list. Let it sit for a day, review and revise it, and then proceed to map a path of commitments you plan for yourself to pursue.