# Tips for Simple Living in 2024

Are you ready for 2024? Another year just flew by, and we find ourselves full circle, staring down another January. How will this year be different to 2023? What will you do to simplify your life and improve your experience? We have a few tips for you in this post.

## What Really Matters to You?

Why are you here, and what do you want out of life? Are you living the most authentic version of yourself? We all have a hierarchy of values we use to evaluate our experience. What are your values? If you don’t know the answer, consider how you spend your time and money.

## How Can You Declutter Your Life?

How do you spend your free time? Are the people you hang around with adding value to your life, or are they holding you back? Do you spend too much time playing video games or watching sports? What can you do to raise your activity level without feeling like a chore?

Let’s make 2024 about building constructive habits that add value to our life experiences rather than taking joy from them. What do you like to do, and who do you want to do stuff with? Do you prefer taking trips alone, or do you like being around others? Find things to do that inspire and motivate you.

## What Is Your Relationship with Food?

Do you eat convenience foods and fast food? Do you have a sweet tooth for soda and candy? It’s time to cut out your reliance on these foods and live sustainably. These foods will end up putting you in an early grave – the time they save you on preparation, they end up taking off your life.

Think about how you can change your diet. Learn about meal planning and the nutrient content of food. Cut out the foods slowing you down and change your relationship with your nutrition.

## What Is Your Relationship with Money & Possessions?

How do you spend your money? Do you buy consumer items that have no residual value, or do you prefer to invest your spare income? Are you about possessions or experiences? Simple living eliminates the need for the latest and greatest consumer products.

You’re happier with what you have, and there’s no need to play catchup with the Joneses next door. You don’t need that new car every other year, infect, you might not need your car at all. Simple living is about removing the silly responsibilities in life and conserving your resources for bigger things.