

We live in such a fast paced, hectic, world that it is becoming increasingly important to slow down and make time to cultivate a life rich in purpose and meaning. Keep this 'cheat sheet' handy and use it, along with [this blog post](#), to remind you of the simple steps to slowing down and living a more meaningful life.

Steps to slow down and live a more meaningful life...



1. Declutter

Organise your home, create breathing space, and a sense of calm. Start by decluttering one small space, then move on to the next.

2. Define your values

What matters most to you? Reflect on your values often, especially when making decisions.

3. Practice mindfulness

Use your senses to bring your awareness into the present moment, and really focus on the activity you're engaging in right now.

4. Unplug

Schedule some tech-free time into every day. Turn your devices off, head outdoors, meet with a friend, read a book or meditate.

5. Practice gratitude

Create cues to remind you to pause and take a moment to reflect on what you are grateful for. Cultivate an 'attitude of gratitude'.

SPACE + QUIET