



# SYLLABUS



# THE SIMPLICITY SESSIONS

## **Session 1: Beginnings:** *How to change the way you change*

Sept. 1, 2020: Video + Workbook

Sept. 8, 2020: Simplicity Conversations

Sept. 15, 2020: Walk & Talk: Audio encouragement and challenge

Sept. 24, 2020: Live Q & A with Courtney (12:00 P.M. and 6:00 P.M. ET)

Sept. 28, 2020: Live chat in-community (month one check-in)

## **Session 2: Enough:** *Discovering enough through the power of less*

Oct. 6, 2020: Video + Workbook

Oct. 13, 2020: Simplicity Conversations

Oct 20, 2020: Heart-Seat Call

Oct. 29, 2020: Live Q & A with Courtney (12:00 P.M. and 6:00 P.M. ET)

## **Session 3: Sanctuary:** *Creating spaces within you and around you for comfort and joy*

Nov. 3, 2020: Video + Workbook

Nov. 10, 2020: Simplicity Conversations

Nov. 17, 2020: Walk & Talk: Audio encouragement and challenge

Nov. 24, 2020: Live Q & A with Courtney (12:00 P.M. and 6:00 P.M. ET)

\*\*\*Content is subject to change but we will keep you informed with any important updates. We'll be sharing new simplicity sessions soon!\*\*\*

# INSPIRATION



# INSPIRATION for beginnings

**COMMUNITY:** *Surround yourself with inspiration through The Simplicity Space Mighty Network community. These are your people!*

**MEDIA:** *Explore the following resources as you are considering a new stage on your simplicity path or something new in life. Beginnings always feel exciting and a little uncertain. The sooner you jump in, the sooner they begin to feel like home.*

## **BOOKS:**

The Artist's Way by Julia Cameron

What Should I Do With My Life by Po Bronson

Soulful Simplicity by Courtney Carver

## **PODCASTS & VIDEO**

[A Video by Gretchen Rubin](#) about Envy

[Less Stress](#) (Soul & Wit Podcast episode)

[Simplicity Conversation](#) with Dr. Christine Li

## **ARTICLES**

[Turning an ending into a beginning.](#)

[Decluttering Tips: 3 Teeny-Tiny Steps](#)

[Declutter Your Life: The Very Best Place to Start](#)

## **MUSIC**

[Beginnings Playlist](#)

**QUOTES:** *on beginnings*

It all begins when the soul would have its way with you.

- *Ralph Waldo Emerson*

To greet a lovely morning, we must leave the night behind.

- *Tarang Sinha*

There will come a time when you believe everything is finished;  
that will be the beginning.

- *Louis L'Amour*

The life you have led doesn't need to be the only life you have.

- *Anna Quindlen*

If all you can do is crawl, start crawling.

- *Rumi*

What you're supposed to do when you don't like a thing is change it.

If you can't change it, change the way you think about it.

- *Maya Angelou*

The hardest part is starting. Once you get that out of the way,  
you'll find the rest of the journey much easier.

- *Simon Sinek*

Be willing to be a beginner every single morning.

- *Meister Eckhart*

# ACTION STEPS



**This is the very beginning of our work together. Please consider the following steps so you can take full advantage of the Simplicity Space to support your simplicity journey.**

1. **Go at your own pace.** I'll be delivering bite-sized content every week, but it's not your job to "keep up" or complete anything by a specific time. All material will be archived in the library so you are free to engage in a way that works best for you.
2. **Identify where you are on the Simplicity Space Success Path.** This will help you stay focused on where you are and to connect with others who are in a similar stage.
3. **Take a look around the site.** We've designed The Simplicity Space so that it is easy to find almost everything. From the getting started videos to the library, become familiar with the site. You don't have to watch all of the videos right away but taking a look around will help you know what's where, and may prompt some questions about how to navigate the content.
4. **Join the Mighty Networks community.** I'm so happy we have a place to connect that isn't Facebook. My hope is that this low distraction space will make it easier for you to connect, engage and get the support you want when you want it. I'm learning Mighty Networks right beside you so anticipate positive changes moving forward.
5. **Help shape the community and the membership program.** As one of the very first members of the Simplicity Space, I'd like to invite you to contribute as much as you'd like. From filling out surveys, to contacting me and our support team directly, share your suggestions, concerns and ideas that will make The Simplicity Space better and better.
6. **Ask for help.** Really! Anytime! Email [support@bemorewithless.com](mailto:support@bemorewithless.com) or visit [the support page](#).
7. **Keep coming back.** I get it. Life happens. If a few days or a few weeks pass and you don't have time to engage in the community, respond to email or check out a live call or other

## **Video Transcript: “Beginnings”**

I couldn't think of a better way to begin The Simplicity Space than talking about beginnings. This is the start of something new for all of us in more ways than one. We are beginning this membership together. We are beginning new relationships. We are beginning to change the way we think about things and many of you are beginning new shifts and habits in your life. Really we are always beginning and often beginning again.

Beginning anything is exciting, fun, scary and uncomfortable. It's a mixture of emotions and a flurry of thoughts and feelings. Then, eventually it all settles down and becomes a part of us. A great example is when I was at the beginning of creating this membership. Before it had a name or a structure, it was just an idea. It was really exciting to think about something new especially on the heels of breaking down a 17 city book tour last spring. It was scary though because things felt especially volatile and uncertain then and my thoughts and emotions were all over the place, but one day, all of the bits and pieces settled and started to look like The Simplicity Space.

There is one thing I've noticed that gets in the way of beginning and that is procrastination. If that's been an issue for you, I recommend you head over to the library and listen to my conversation with procrastination coach, Dr. Christine Li. As we all begin together, please remind yourself that we are starting from different stages in life, on different projects and habits and so there is no point in comparing. Once we start comparing, we stopped supporting. We stop learning and we stop making progress. Comparison can be a tricky habit to break though, so be easy on yourself when it pops up.

Feel free to use this entire month of beginnings focused on getting familiar with the site and community. If you want to start something new in your own life, but don't know where to start. Think about whom you envy and what you lie about. Author Gretchen Rubin recommends asking yourself these two questions to help you know yourself better. Whom do I envy? What do I lie about?

Knowing who or what you envy shows you what you want in your life. When you lie about something, you may notice what changes you need to make in your life. She gives a great example of how someone asked her, "How much television she watched with her kids?" And she lied about it. In that moment she realized she wanted to make a change about her TV habits.

Here we are together, beginning something new and something that is really special. I'm grateful you're here and I hope you'll let me and the entire community help you settle in.

XO,

*Courtney*

*P.S. I highly recommend journaling, doodling and taking note of your simplicity journey. Use a notebook, journal or some of the space below for writing down your heart.*

# JOURNAL







