

SYLLABUS



THE SIMPLICITY SESSIONS

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)

Session 4: Peace: *Rituals and reflections to encourage more calm and contentment.*

Dec. 1, 2020: Video + Workbook

Dec. 8, 2020: Simplicity Conversations

Dec 15, 2020: Heart Seat Call

Dec 22, 2020: Live Q & A with Courtney (12:00 P.M. and 6:00 P.M. ET)

Dec. 29, 2020: Surprise

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 enough

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 what “enough” means to you. This concept applies to every stage of the success page.*

P.S. These are recommendations and not required curriculum.

BOOKS:

[The Power of Less](#) by Leo Babauta

[More Than Enough](#) by Elaine Welteroth

[Loving What Is](#) by Byron Katie

PODCASTS & VIDEO

[The Power of Vulnerability](#) Brené Brown TED Talk

[Enoughness](#)

ARTICLES

[What it means to be enough](#)

[10 Lessons From The Story of The Mexican Fisherman](#)

[What is Enough?](#)

MUSIC

[Enough Playlist](#) (If you can't access the playlist on Spotify, [here's a list of the songs](#)).

QUOTES: *on enough*

“The truth is: Belonging starts with self-acceptance. Your level of belonging, in fact, can never be greater than your level of self-acceptance, because believing that you’re enough is what gives you the courage to be authentic, vulnerable and imperfect.”

- *Brené Brown*

“Enough is a decision, not an amount.”

- *Alison Faulkner*

“Gratitude turns what we have into enough, and more. It turns denial into acceptance, chaos into order, confusion into clarity ... it makes sense of our past, brings peace for today, and creates a vision for tomorrow.”

- *Melody Beattie*

“If it feels like too much, it’s too much.”

- *The Minimalists*

“When things aren’t adding up, start subtracting.”

- *unknown*

“Happiness is letting go of what you assume your life is supposed to be like right now, and sincerely appreciating it for everything that it is.

So, relax. You are enough. You have enough. You do enough. Breathe deep ... let go, and just live right now in this moment.”

- *Marc & Angel Chernoff*

ACTION STEPS



As you are working on your stage of the Simplicity Success Path, the question, “What’s enough?” is going to come up. Consider the following action steps for a better understanding of what enough means to you.

1. **Define enough.** While this definition is bound to change over time, consider what enough means to you right now.
2. **Think about what enough means for your participation in TSS.** The Simplicity Space has plenty of resources, recommendations and offerings but instead of doing it all, what if you enjoyed just enough? Would that allow you to make more progress on your simplicity journey. What elements of TSS are most helpful to you? Experiment with only using those for the next month or two. The rest will be waiting in the library when you are ready.
3. **Challenge comparison.** It’s possible that by comparing parts of your life to someone else’s life, you’ve muddied the waters of “enough” and just aren’t sure. Instead of comparing or measuring up, get clear on what you want and need for your life.
4. **Challenge expectations.** Have you forgotten what enough means to you because you are striving towards someone else’s goals and expectations for you? The impact you will have on the world when you start chasing YOUR dreams and goals will be extraordinary. Let the rest go. People will understand or they won’t and everything will be ok. Their expectations were never yours to meet.
5. **Make a “grateful for enough” list.** Make a list of what you are grateful to have enough of on a regular basis. Consult your “grateful for enough” list anytime you are feeling like you need to do more, have more or prove more.
6. **Make a “more/less” list.** Write down what you want more of and what you want less of in your life. If the more part of your list feels overwhelming, consult your “grateful for enough” list and adjust if necessary.
7. **Ask for help.** Really! Anytime! Email support@bemorewithless.com or visit the [support page](#).

Video Transcript: “Enough”

Before we jump into our next simplicity session, I want to introduce you to my plant Rhoda. I named her Rhoda because I thought she was a Rhododendron. Come to find out this is a Philodendron. That being said, her name is still Rhoda and has inspired me to name the rest of my plants, as I get them, after characters from The Mary Tyler Moore Show. Have you ever heard of The Mary Tyler Moore Show? I know some of you have. I talk about this in greater depth on a recent episode of the Soul & Wit podcast, that I'll link to, but I just wanted to share that with you.

I rarely have plants because I travel so much, but thanks to quarantine, I'm home a lot, as you may relate. So plants are the new planes for me and it's really nice. It's really nice to have plants around and to do something fun like naming them from a 1970's TV series.

So today we're going to talk about our new simplicity session and kickoff a new month talking about *enough*. I know that many of you are working on the Simplicity Space Success Path, and you're all in different stages, and working on change that is meaningful in your life. These simplicity sessions are just another layer to the work that you're doing, another way to add meaning to simplifying your life, another way to add inspiration so that you can really be thinking about how you want things to be once your life is very simplified. I think it's important to keep layering these ideas on because these are the things that will make it so that when it's time for you to make a decision about adding something to your life, or removing something else, you'll be building some good foundations in thinking about how to consider what to add, what to subtract and why you're doing what you're doing.

So today we're going to be talking about enough. Like all aspects of simplicity, enough looks different for everyone, but one thing I think that we can all kind of connect on is that we're really privileged to be having this discussion, to be considering what enough really means to us, because in most cases it means that we have, or we have had, more than enough in our lives. So my hope is that through scaling back, and coming back to enough, we'll have more to give of our resources to people who don't have enough.

In talking about enough, at least for the purposes of the simplicity space and your simplicity journey, I'm thinking about not only the stuff we own but also how we spend our time. One conversation I've noticed that keeps coming up over and over again is doing enough. We often feel like if we don't do enough then we've had a bad day or we're not measuring up and we end up, maybe almost on autopilot, measuring our worth by our work or by what we get done on any certain day. So if the only thing that changes for you over the next few weeks is that you begin to cut those ties and instead trust that you are enough, regardless of any of those things, it'll be a life changing month.

As you are working on your stages in the success path, look at your milestones and action steps through a lens of enoughness. Really consider what you have to do to make change in your life. So for instance, if I give you five action steps or recommendations maybe there's only two that you really need to do to make a difference. You don't have to do all of them and so it's really this fine-tuning what you need, and what you know you need, and trusting that you know what you need. I know that sounded a little jumbled, but really think about that.

A lot of times we'll get recommendations from a medical professional, or a teacher, or a blogger, or an author, or someone else we admire and trust, and they give us recommendations based on what they know but they don't know everything about us. They can't. You know you best and you know which of the recommendations you may want to experiment with first. And if you aren't sure, do the one that interests you the most. Start there.

I'm really interested too to see the action steps and milestones you create for yourself, because the ones I'm giving to you are really just a jumping off point, but you'll be able to personalize and customize this framework for your life.

Sometimes to come up with a good definition of what enough means to you, you have to play around with what you want more of in your life and what you might want less of in your life. When I feel like I am striving towards something without purpose or getting caught up in old beliefs about what I think, or want, or what I think other people want

from me, I make a list of what I want more of in my life and what I want less of in my life. This helps me see where enough lies in different areas.

The definition of enough may change based on what you want, based on what's available to you, and other factors. Because it changes we have to pay attention, reassess, and then settle back in from time to time. As we go through different life experiences and different life stages our definition of enough changes.

A little bit of a departure from enough in terms of more or less, I want to talk about being good enough. We often do things to have that feeling of being good enough, right? I remember a couple of years ago working with a therapist and talking about being good enough in certain areas, and in certain roles that I play in my life. And she stopped me as I was going on and on about why I did this, and why I did that, and she said, "What's so great about being good enough? Why do you have to be so good?" And that really struck me and allowed me to change the conversation. Why did I need to be good or be recognized as good? Although it seems like that's what we all start striving for, only to realize it's not very satisfying. Now I'm not saying that you shouldn't do good things and want good things for your life, but you're already good. You don't have to prove that anymore.

As you consider this idea of enough, remember that most of it is a feeling and not always precisely measurable, so really stay curious and notice what gives you that feeling of having enough, and being enough. See what those feelings are connected to. Is it a security thing? A happiness thing? What is the feeling that you are searching for in acquiring enough? Pay attention too to when you are aiming for more when you already have enough and what's triggering that feeling of lack.

As you're letting go of clutter and other stuff, don't confuse empty space in your home for not having enough. Don't think about room on your calendar as not doing enough. And never confuse the judgments or expectations of others for not being enough.

Let me know how you define enough, either in the community if you are there or send me an email. I would love to hear. We'll be talking about this throughout the month, in the community, on the live call, and in other ways. So take a look at the workbook and

resources there, along with the action steps, and think about what's enough for you to make change happen in your life.

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

