



# SCHEDULE



# THE SIMPLICITY SESSIONS

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

Nov. 3, 2020: Video + Field Notes

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 + Field Notes

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

**Session 5: Relax:** *Trade pushing through and catching up for moving at your own pace.*

Jan 5, 2020: Video + Field Notes

Jan 12, 2020: Simplicity Conversations

Jan 19, 2020: Walk & Talk: Audio encouragement and challenge

Jan 28, 2020: Live Q & A with Courtney (12:00 P.M. and 6:00 P.M. ET)

\*\*\*Content is subject to change. [Check in with the online schedule](#) for the most current list of events. We'll be sharing new simplicity sessions soon!\*\*\*

# INSPIRATION



# INSPIRATION for sanctuary

**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:**

Sabbath by Wayne Muller

Outer Order, Inner Calm by Gretchen Rubin

How to Live a Good Life by Jonathan Fields

## **PODCASTS & VIDEO**

Consider a [30 Day Yoga Series](#)

[Our Better Nature](#) (a podcast episode to inspire more green in your sanctuaries)

[4 Simple Questions](#) That Will Reverse Any Negative Thought (and help you come back to yourself)

## **ARTICLES**

[Make Your Home a Stress-free Sanctuary](#)

[How to Create Quiet Spaces in Your Home](#)

[How to Create a Minimalist Sanctuary](#)

## **MUSIC**

[Sanctuary Playlist](#)

**QUOTES:** *on sanctuary*

Within you there is a stillness and sanctuary to which you can  
retreat at any time and be yourself.

- *Hermann Hesse*

Remember, the entrance door to the sanctuary is inside you.

- *Rumi*

I am my own sanctuary and I can be reborn as many times as I choose  
throughout my life.

- *Lady Gaga*

A home is a kingdom of its own in the midst of the world, a stronghold amid  
life's storms and stresses, a refuge, even a sanctuary.

- *Dietrich Bonhoeffer*

It is a gift to not fit in. It sets you on a journey of  
finding a sanctuary within yourself.

- *Brianna West*

Sometimes the most important thing in a whole day is the rest we take  
between two deep breaths.

- *Etty Hillesum*

And into the forest I go, to lose my mind and find my soul.

- *John Muir*

# ACTION STEPS



**May the Simplicity Space be a sanctuary for you as you simplify your life. Consider these action steps when creating, noticing and enjoying the sanctuaries in your life.**

1. **Declutter.** Create space in your home to create a sanctuary that is always waiting for you. From a small corner to a room to your entire home, create sacred space by letting go of clutter.
2. **Trade social media for The Simplicity Space community.** If you are overwhelmed with Facebook or other social media platforms but still crave online connection, join us here in the community:  
[community.bemorewithless.com](http://community.bemorewithless.com)
3. **Carve out quiet time.** Perhaps sanctuary is a mental space instead of a physical space. Carve out 5-10 minutes a day to sit quietly and connect with your heart.
4. **Create a routine.** A morning or evening routine can become a place of sanctuary.
5. **Build a sanctuary drawer.** Designate a drawer or small box or basket to hold items for your sanctuary. Include items you need for your morning or evening routine, or a book that always brings you back to yourself. Other items may include a pen and journal, photographs, quote that inspire, etc.
6. **Ask for help.** Really! Anytime! Email [support@bemorewithless.com](mailto:support@bemorewithless.com) or visit [the support page](#).

## **Video Transcript: “Sanctuary”**

Our new Simplicity session is all about sanctuary. I love the idea of creating sanctuaries to support feelings of comfort and joy. As you consider these sacred spaces within you, and around you, define them in a way that resonates with you. For some, that means something that is holy or religious. And for others, it means a beautiful, or treasured, space. No matter how you define it, these sanctuaries are places where you can refill your cup when you are depleted. They're touchstones to remind you what's important. This time of year, especially, creating these spaces to either go or be or feel are so important in terms of creating comfort and joy.

I'd like to start with a space that we already have with each other called the Simplicity Space community. And what I would like that to become is a sanctuary for you too, not to escape, but to remove yourself from other social media platforms if they are weighing you down. Or instead of turning on the news, popping into the community and asking a question or supporting someone. I've already noticed such amazing kindness and courage and vulnerability in this group that it is becoming an online sanctuary, if there is such a thing.

Within your home, I think there are a variety of sanctuaries you can create. You could create a minimalist sanctuary, or simplicity sanctuary, however you want to call it, to encourage more clutter-free spaces in your home. You might want to start with a space like your nightstand, something that's next to your bed, where you are every night. Perhaps there's a book there or a lamp, or other things, and maybe you have drawers and it's full of things that you don't use or care about. What if you cleared that out completely and only kept a few treasured items there to encourage winding down from the day or even waking up in the morning. If you journal in the morning, maybe a journal and a pen, and a glass of water is there. Whatever speaks to you and really encourages that feeling of sanctuary.

You could do it in other places in your home too, especially if you don't have a nightstand. So maybe there is a space in your office. Maybe it is a drawer that you keep some items in, so you can enjoy and break away. Again, I'm trying to stay away from the word escape, because that really is not what I have in mind. When I'm thinking about

sanctuary, it's a place to refill. So what do you need in your life to create sanctuary? And how can you create sanctuary within? So that no matter where you are, if things are getting a little too heavy or you're depleted or worn out, you can go there and refill. For me, that is definitely through meditation and sitting quietly. Sometimes reading a book feels like sanctuary to me.

If you're listening to this or watching this around the holiday time, there might be some holiday specific things that you can do, as well, to again, bring you back to peace, bring you back to yourself and allow you to enjoy what's most important to you in small, yet meaningful ways.

You could also create sanctuary around a time of day. So if mornings are a place where you, for instance, practice a morning routine, or always take a few minutes before jumping into family or work life, perhaps that's your morning sanctuary. And you could do that any time of day. It could be something in the evening right before you go to bed, or even mid day. Maybe it's a promise to take a walk every afternoon, and that is sanctuary for you. So in thinking about how to apply sanctuary to your Simplicity journey, consider it an invitation to slow down, as well.

When you're feeling like you have to catch up or you're falling behind, or you didn't open the email the same day that I sent it, or you didn't respond to someone's comment and so you're feeling a little scattered, instead of jumping in and catching up, which feels like the most productive thing to do to, instead step back and create sanctuary in some way, whether it be inside or around you or with a time of day and then proceed.

You could do in other areas of your life, as well. Whether it's work or if you just absolutely don't know what to make for dinner, family's hungry, everyone's asking you, instead of jumping in and problem solving right away, just excuse yourself for a minute and go to your journal or to the drawer with a few items that refill your cup and start from there. So that you can then come from a place of being filled and fueled and much calmer and less frantic than you would have if you just acted from a place of responding to life's immediate demands.

We'd love to see what you come up with for sanctuary and what you build, what you create, for yourself. Definitely share in the community. Feel free to email, if you'd like. And share, because I am sure your sanctuary, or your idea of sanctuary, will inspire someone else.

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







