



# SCHEDULE



# THE SIMPLICITY SESSIONS

## **Session 5: Relax:** *A new approach to the new year.*

Jan. 5, 2021: Video + Field Notes

Jan. 8, 2021: Community Chat

Jan. 12, 2021: Simplicity Conversations

Jan. 14, 2021: Zoom Meetings for extra help (11:00 A.M. and 6:00 P.M. ET)

Jan. 19, 2021: Walk and Talk

Jan. 20, 2021: Community Chat

Jan. 28, 2021: Live Q & A with Courtney (12:00 P.M. and 6:00 P.M. ET)

## **Session 6: Commit:** *Creating habits and routines that stick*

Feb. 2, 2021: Video + Field Notes

Feb. 9, 2021: Simplicity Conversations

Feb. 16, 2021: Heart Seat Call

Feb. 25, 2021: Live Q & A with Courtney (12:00 P.M. and 6:00 P.M. ET)

## **Session 7: Release:** *Letting go with more ease*

Mar. 2, 2021: Video + Field Notes

Mar. 9, 2021: Simplicity Conversations

Mar. 16, 2021: Walk and Talk

Mar. 25, 2021: Live Q & A with Courtney (12:00 P.M. and 6:00 P.M. ET)

Mar. 30, 2021: Surprise

\*\*\*Content is subject to change. [Visit the online schedule](#) for the most current, up-to-date events and links.\*\*\*

# INSPIRATION



# INSPIRATION To Relax

**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.*

## **BOOKS:**

[The Things You Can See Only When You Slow Down](#)

[What to Read to Relax Before Bed](#)

[15 Great Books to Help You Relax](#)

## **PODCASTS & VIDEO**

[ASMR: The Whispered Revolution of Relaxation](#)

[Silence and The Presence of Everything](#)

[The Gift of Relaxation](#)

## **ARTICLES**

[11 Tips for Anyone Who Doesn't Know How to Relax](#)

[The Power of Being Relaxed](#)

[Shift Your Mood: 7 Quick & Easy Body Tools](#)

[The Power of Calm](#)

## **MUSIC**

[Relax Playlist](#)

**QUOTES:** *on relax*

“Rest and laughter are the most spiritual and subversive acts of all.  
Laugh, rest, slow down.”

- *Anne Lamott*

“It takes courage to say yes to rest and play in a culture  
where exhaustion is seen as a status symbol.”

- *Brené Brown*

“Put your thoughts to sleep, do not let them cast a shadow  
over the moon of your heart. Let go of thinking.”

- *Rumi*

“Tension is who you think you should be. Relaxation is who you are.”

- *Chinese Proverb*

“The time to relax is when you don't have time for it.”

- *Sydney Harris*

“Humor is a whisper from the soul, imploring mind and body to relax, let go  
and be at peace again.

- *Unknown*

“Let every moment be what it's going to be.  
What's meant to be will come your way. What's not will fall away.

- *Mandy Hale*

# ACTION STEPS



**Relaxing feels so hard until we relax and then things begin to fall away and feel effortless. It this is the only thing you focus on all month, or all year, your life will be simpler.**

1. **Relax your pace.** I'll never stop reminding you to slow down and pay attention to what's necessary, what resonates and what matters. When you relax your pace, you can clearly see what isn't important and what does not need your energy or attention.
2. **Schedule time to relax.** If you aren't used to being relaxed, schedule pockets of time during the day to engage in activities that help you relax.
3. **Relaxing things.** What music relaxes you? Who's voice makes you feel relaxed? What movement or other activity contributes to a feeling of relaxation? Make a list of these things and build them into your day more consistently.
4. **Share your journey in The Community.** Let's chat about being more relaxed in the community conversations and live chats. We can inspire each other and support choosing relaxation over busyness even when people around us may not understand.
5. **Consider how your outsides affect your insides.** Are your surroundings relaxing or chaotic? How can you shift the physical world around you to support more calm and relaxation within you.
6. **Ask for help.** Really! Anytime! Email [support@bemorewithless.com](mailto:support@bemorewithless.com) or visit [the support page](#). You can DM me in the community too.
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, say hi in the community or join a live call. Don't worry about the time in between, just come back.



## **Video Transcript: “Relax”**

Happy new year! I know a lot of us have been excited to get through 2020. Even though we have some obstacles in front of us, I am looking forward to finding new ways to thrive in 2021. Usually when it is time to start a new year, I think of all the things I want to accomplish. Then I remember all of the new year's resolutions that didn't work out and the habits that didn't stick and feel pressure about what's next.

In life and work, January screams, new year, new you, right? Sound familiar? Get going. Get started. Be more successful, be skinnier, be stronger, be richer. And underneath all of that screaming, January seems to be whispering, “You are not enough.”

How are habits, resolutions and other changes supposed to you thrive in that environment. How are we supposed to change in the midst of that underlying whisper? Well, I don't think we can very successfully, which is why a few years ago, I started flipping the script and thinking about January in a new way.

Instead of new year, new you, I started to think of January as new year, real you. I started asking questions like, how do you want to show up in the world? What will it take for you to be more you ... just you, that's enough. As many of you have guessed, over the course of my simplicity journey, I started relaxing a lot of my older goals and resolutions and that pressure I put on myself in January to be all of the things, things that I was never going to be. Over the course of my simplicity journey, I started to put less pressure on myself, especially around the new year. I thought about again, who I wanted to be instead of who I thought other people thought I was supposed to be.

I think you know what I'm getting at here. I wanted to figure out how to feel more comfortable in my own skin, how to enjoy my life more and not have to be more of anything else. In 2019 my word of the year or my resolution was to relax. That's different, right? And that's our theme this month is to relax. It's not expected in January that we should relax. We're done relaxing. The holidays are over. We should get moving now, but I want to invite you to continue to relax or to start to relax.

We really underestimate the power of being relaxed. There's so many times I can think of whether it be in responding to an email or an another conversation or making a big decision when I just stopped for a moment and thought, how would you be making this decision, or how would you be responding right now if you were relaxed?

When we relax, we are less stressed and more present. When we are relaxed, we can make decisions from what's within us instead of all the stuff that's around us. We can't overreact from a very relaxed place. Also, f our bodies sleep better and heal faster when our natural state is relaxation.

You might be wondering, how do I relax? Especially if you are feeling stressed or overwhelmed, how do you get from there to feeling more relaxed? As you know, there are many methods and strategies to relax. I mean, I can sit here and tell you to breathe, to sit, still read a book, take a bath. The list goes on and on. But there is one thing that I think we don't think about when we think about being more relaxed and it's what I recommend.

The secret to being more relaxed is less. Do less and care about less. I know you're thinking, did she just tell me to care less? That's not right. Stay with me for a minute. At a 2019 conference that I was lucky enough to attend, I heard Elizabeth Gilbert talk about being more relaxed. And at another conference, she shared a story that goes like this, and I'm going to read it because I don't want to get it wrong. It is that good.

“The great mythologist Joseph Campbell who spent his entire life studying the religions of the world was asked, what is the definition of sacred? And how do human beings make something sacred?

He responded, it's the simplest thing in the entire world. And you do not need a priest. Anybody can do it. Here's how humans make something sacred. You draw a circle around it and you say everything inside this circle is holy. It's sacred because you said, so. That is called a boundary and a boundary is not a wall. A boundary is not something that you hide behind. A boundary is a golden circle that you draw around the things that matter to you. And you say, everything inside this circle is sacred. If you treat it with respect, you were allowed to come in, but take your shoes off and bow because you are

coming into the center of holiness here. And if it's not and it's outside, then what do we say? We say, I do not care.”

It's a reminder guys, a great reminder that we really cannot care about everything and everyone. The way we dilute our time, energy hearts, trying to do it all is a disservice all the way around. We are burnt out, stressed, worried, and nothing gets our full attention. When everything matters, nothing does.

So how can we really say we care about everything when we can't care about anything very well in that state. If you think it's selfish to care about fewer things, consider intention over impact. We have tremendous intention by caring about everything, worrying about it all. And, if we have any strength left, attempting to do something about everything. Intention is nice, but it's impact that makes a real difference. We can have greater impact on our personal health, the happiness of our families and communities and moving the needle on projects and passions we care about when we do less.

So back to the circle, Elizabeth Gilbert says, “You get to decide what is sacred. The sacred thing inside the circle can be your time, your creativity, your loved ones, your privacy, your recovery, your values, your mental health, your activism, your joy, your very heart and soul. You yourself can stand at the center of a sacred circle that you drew around your very own being and say, everything inside the circle is holy. Not because you think you're better than everyone else, but because you have humbly accepted stewardship over the divine and mysterious gift of the universe, that is you.”

Doing it all, it's simply too much. We just cannot care about all of the email, all of the projects, all of the school papers, all the zoom calls, all the requests, feedback, invitations, headlines, future concerns. It's simply too much. Instead from a very relaxed place, we can wish them all well and come back to our sacred circle.

Relaxing, as you may have already guessed is a practice so even though I live with less and do less and care less in so many ways, I do still get overwhelmed. I lose sight of what matters. Maybe I watch too much news or worry about something that is completely out of my control. Sometimes I forget that it's not my job to answer every

single email in my inbox. As soon as I notice I'm overwhelmed, I turn to more less. I keep coming back to less. That is my most relaxed place.

Forget balance. It's time for our priority to be inside of the circle and everything outside of the circle gets a second billing. Choose less and consider impact over intention. We know how to relax, but if we want to be relaxed, we must draw our circles and create a place for love and rest. This circle you create will be a place where you can learn how to relax and how to create a more relaxed state for yourself. It will be a place that you can retreat to if things are getting overwhelming. Now, of course, this isn't necessarily a place in your home or in a room, but a circle you carry with you that you can go into and work from anytime you like.

We're going to stay focused on getting relaxed, letting go of the need to be anything that we aren't. Resisting the urge to measure who we are by what we accomplish and knowing that exactly who we are right now is where we're supposed to be, who we're supposed to be and how we are meant to serve the people and the world around us.

I'm really looking forward to talking about relaxation with you and seeing if we can move through this year, 2021 more relaxed, more content and happier overall.

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









