

Our Simple Life

A simple life is such a subjective notion. What may be 'simple' for one person may seem like hard work to another. One person may enjoy baking bread from scratch whilst another person outsources all their housework to free up their time.

Over the years, I have come to believe that there are certain things that assist me in simplifying our family life. Some of the tasks I have on my 'simple living list' are actually hard work, but in simplifying things, I have also taken into consideration the 'joy factor'. Most things on my list bring me tremendous joy.



Here in a list, in practical terms, of what a simple life means to me.

1. Living within our means in a small house with no debt
2. Avoiding commercial television
3. Cooking from scratch
4. Finding old 'sturdy' items second hand rather than a constant supply of cheap 'made in china' items that need replacing every 12 months.
5. Spending quality family time together
6. Baking our own bread
7. Brewing our own beer
8. Fixing things ourselves

9. Growing what we can in the way of vegetables, fruit and herbs.
10. Doing our own renovations
11. Using the town library as a resource
12. Buying local produce
13. Composting our food scraps
14. Minimising plastic packaging on foods
15. Avoiding petrochemicals in products (*this is a VERY difficult one*)
16. Work with a cash budget
17. Changing all lights to CFLs
18. Line dry the washing
19. Menu planning
20. Buying Australian grocery items where local not available
21. Stockpiling
22. Managing my home in a single binder
23. Getting ahead by applying the 6P principle
24. Having a planning day once a week
25. Having a cooking day once a week
26. Work hard at 'saving' through the year for an annual holiday

27. Using old fashioned items and remedies - e.g. wash up with sunlight soap, put eucalyptus oil on your hankie if you feel a cold coming.

28. Wear an apron to keep your clothes clean

29. Turn the TV off and read out loud to my children

30. Wear hand me downs

When I read through my list, it brings me joy. It reminds me that my aim is to raise my children with intent and to live a simple, joyful more sustainable life.