

LIVE SIMPLY WHAT MATTERS MOST

The goal of living simply is to focus on what matters most to you, like family, friends, and shared experiences. It's about limiting your distractions and simplifying your life, which can also involve slowing down when needed. Connect with resources by clicking the text highlighted in [blue](#).*



What is Simple Living?

Simple living is being intentional with the resources we have to make room for what's important.

Living simply isn't about loss. When you live simply, you gain time, space, money, energy, and attention — precious resources that you can redirect toward what really matters.

What would simple living look like in your life?



A Simple Life Is a Happy Life

The many benefits include:

- Time for creativity
- More meaningful relationships
- Increased ability to focus
- Reduced stress
- Improved sleep
- Helping the environment
- And [more](#)



Finding Your Why

Take time to read [Seven Ways to Find your Purpose in Life](#).

Choose one of the seven steps and reflect on it below:



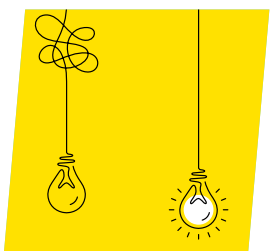
Get Centered to Get Started

Being centered means being balanced and at peace. It allows you to accept the good and the bad, and understand that things are always changing. When you are centered, you are better able to self-reflect. Click the resources below to learn how to center yourself.

- [Breathe mindfully](#)
- [Be self-aware](#)
- [Be present](#)



What Is Your Why? How will living simply positively impact your life? Record your answer in the space below, or click [here](#) to take a quick survey. You can also take the survey by scanning the QR code with your smartphone.



Want to learn more? Click the links below.

- ✓ [How to Live Simply](#)
- ✓ [The Masterpiece of a Simple Life](#)
- ✓ [Making Space for You](#)
- ✓ [The Simplicity Habit](#)

Questions?

Email BeWell@bcbsvt.com or click [here](#) for more information.

*By clicking on these links, you will be directed to third-party sites. These links are provided for informational purposes only.

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