

**LEARN TO SAY 'NO'
AND SAY IT A LOT**

*don't buy things you don't
need or can't afford*

**CLEAR THE CLUTTER;
FROM YOUR HANDBAG,
FROM YOUR WARDROBE
AND FROM YOUR LIFE**

*don't worry about what
anyone else has or does*

**DUMP YOUR ENDLESS TO-DO LIST AND
JUST DO THINGS THAT MATTER**

*don't overindulge; in food, in wine
and things that waste your time*

**SPEND YOUR TIME WITH PEOPLE
YOU LOVE... DON'T WORRY SO
MUCH ABOUT THE REST**