

SIMPLY LESS

A PRACTICAL GUIDE TO
FOCUSING ON WHAT MATTERS

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THIS BOOK IS WHOLEHEARTEDLY DEDICATED TO YOU, DEAR READER.
HAPPY READING!

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INTRODUCTION

Let me tell you about this book I wrote called *Simply Less*. Now, before we dive in, I want to make it clear that this book is not about my life, per se; rather, it's more about the valuable lessons I learned from life after spending a whopping thirty years doing things that just didn't feel like "me."

First things first, let me introduce myself. I hail from the United States, but my upbringing took place in France. In my previous life, I had some pretty fancy titles like CFO and General Manager. You know, those jobs that come with a hefty paycheck. On top of that, I've also got the incredible luck of being married to an amazing husband. We always manage to keep things interesting and find new ways to keep the spark alive. It's like a never-ending adventure! Oh—and can't forget about my smart and handsome son, who has grown up so fast. And then there's my family who lives a bit far from us, but their love and warmth know no distance. So, you might be thinking, why on earth would I have anything to complain about, right?

In the past, I felt incredibly fortunate, and convinced myself I had no right to complain. However, I want to confide in you: deep down inside, I had this constant feeling that I wasn't living the life I was meant to live. You see, as much as I excelled in crunching numbers and dealing with finances, my heart yearned for something different. I longed for the world of words and books, where creativity and imagination thrived. And to make matters worse, being caught up in all those high-stakes strategic decisions

just didn't align with my love for simplicity and authenticity. I found myself constantly over-adapting, and honestly, my life felt like a never-ending cycle of stress.

It wasn't just because I wasn't doing the job I was truly meant for; it went beyond that. See, I used to believe that having more money and possessions would bring me happiness. Wow, was I wrong! And let's not even get started on all those activities I filled my schedule with. I thought that the busier I was, the more valuable I became. But none of that is true. All that did was stop me from focusing on what matters most and cause a lot of chaos in my home, my head, and my life.

So, here's what ultimately went down. I finally gathered up the courage to take a leap of faith. I made a momentous decision to resign from my job and embark on a journey towards a life that truly aligns with my authentic self. It wasn't an easy choice to let go of all the achievements and financial stability for an uncertain path. But a persistent inner voice kept telling me that it was time for a change—time to start living my true life before it was too late (I later discovered that there is never a point too tardy for a fresh commencement). And that's when my journey towards *Simply Less* began.

In this book, I share my experiences, insights, and steps I took to simplify my life and find genuine happiness. From shedding the burdensome weight of unwanted chains to rediscovering my passions, I delved deep into the transformative power of embracing less and focusing on what truly matters.

This book is intended for busy individuals who feel like life is passing them by and want to reclaim their time and energy to live a life aligned with their true selves. It doesn't matter how

much money you have or how old you are. It is all about simple living and unlocking the power of less, a lifestyle that prioritizes what truly matters and focuses on the essentials. It's not about settling for the bare minimum to live, but rather understanding that less can be more. By adopting a minimalist mindset, we can simplify all aspects of our lives, removing unnecessary complexity. We can declutter our physical spaces, streamline our schedules, and let go of endless materialistic desires. This opens up space for experiences that truly matter, building meaningful relationships, overall wellbeing, and pursuing our dreams in life. With more time for what truly counts, we can begin living authentically, aligning with our values and going after our goals.

Alright, let's break it down. Here's the plan: start by diving into the chapters in the order they're laid out. It'll make the whole journey a lot smoother. At the beginning of your journey, we'll uncover what truly matters in your life. Then, you'll create room for what's important and transform your perspective on possessions with new habits. After that, we'll tackle reclaiming your time once you realize how busy you really are. And finally, we'll explore ways to stay more focused on the important things. After mastering the art of simplification, we will see what you can add more of in your life. Because simplicity is all about finding that perfect life balance.

Now, here's the thing: simplifying your life is an ongoing process. It's not a one-and-done deal. To help you integrate all these new habits and tips into your everyday life, I've got something special for you. At the end of this book, you'll discover 82 practical ways for simple living. From managing finances to nurturing relationships, to mastering cooking and so much more.

If you're ready to discover a life of authenticity, simplicity, and true fulfillment, then join me on this transformative journey through the pages of *Simply Less*.

WHAT TRULY MATTERS

*“The biggest adventure you can take
is to live the life of your dreams.”*

Oprah Winfrey

Find your core values and long-term goals

I know how busy life can get, and sometimes it feels like there just isn't enough time in the day. It's easy to get caught up in the daily grind and forget about the things that matter to us. That's why simplifying our lives can be so powerful—it helps us focus on what's truly important. But before we can do that, we need to figure out what those meaningful things actually are. Here's what we're getting at: it's about finding what really lights your fire, what makes you feel like you're on the right track in life. What matters to you? What do you want to achieve in the long run? By figuring this out, you can be more deliberate about where you invest your time and effort.

Get ready, because this chapter is going to be a game-changer. We're going to dive deep into the world of core values and long-term goals, and we've got some practical examples and strategies to help you apply it all to your own life. By the time you finish this chapter, you're going to have a better understanding of what's truly important to you and what you want to achieve in