

simplify.

ten practices to unclutter your soul



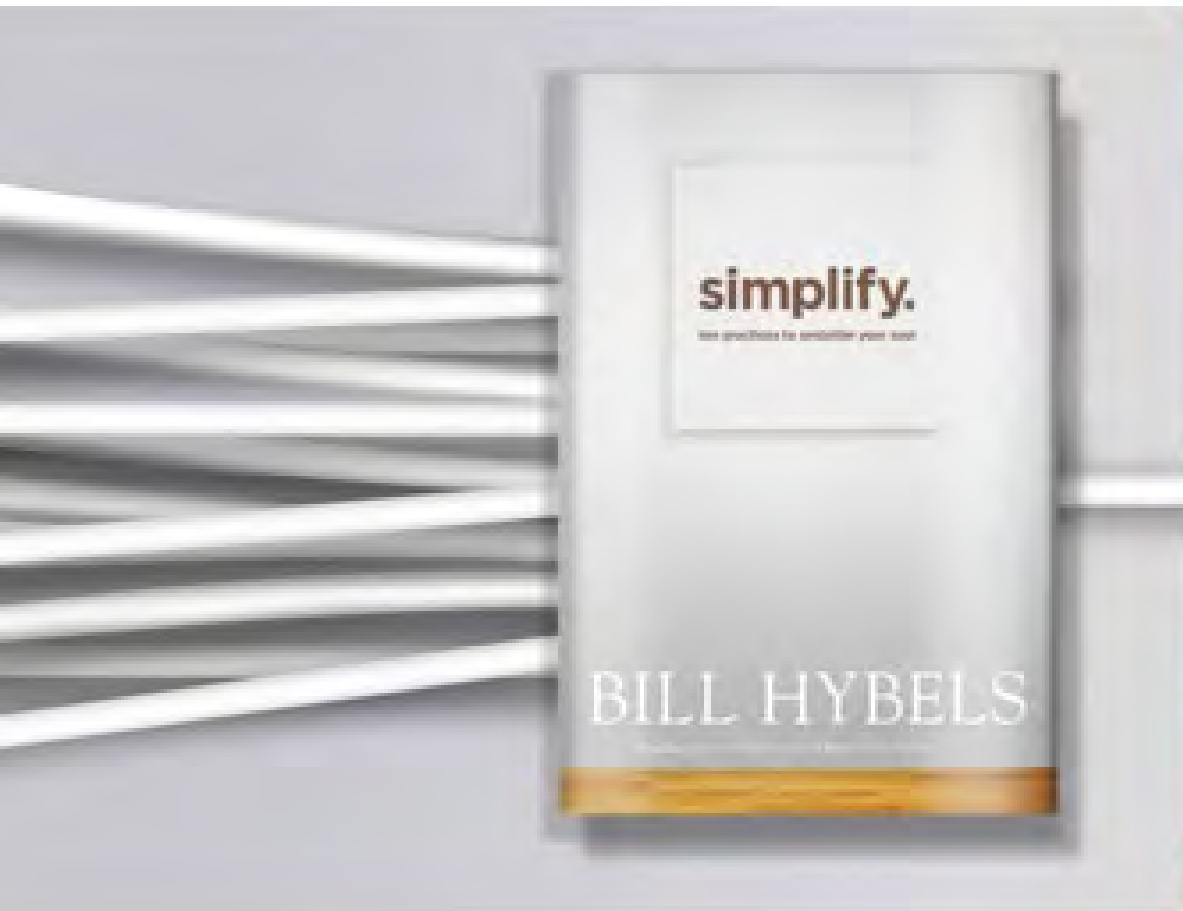
From Restless to Fulfilled



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“I don’t think of work as work and play as play. It’s all living.”

Richard Branson





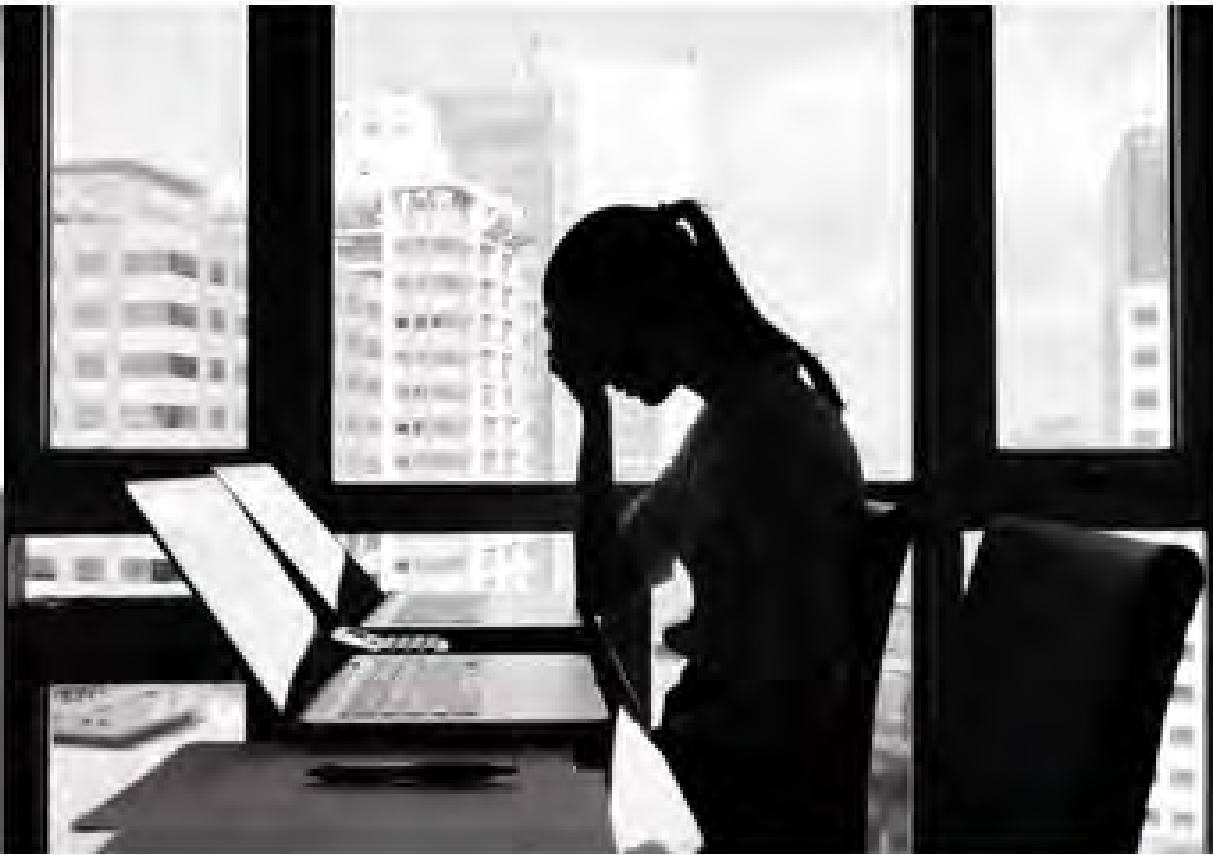
And the Lord God formed man of the dust of the ground, and breathed into his nostrils the breath of life; and man became a living soul

Genesis 2:7

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This is what I have observed to be good: that it is appropriate for a person to eat, to drink and to find satisfaction in their toilsome labor under the sun during the few days of life God has given them—for this is their lot. Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil—this is a gift of God.

Ecclesiastes 5:18-19





Restless =

Troubled, Fidgety, Nervous, Sleepless, Unsettled, Edgy, Anxious, Uneasy, Disturbed, Agitated, Itchy, Antsy, Fitful, Fretful, Hurried, Inconstant, Jumpy, Nomadic, On Edge, Perturbed, Transient, Unstable, Unsteady, Wandering, Worried, Unquiet, Bundle of nerves, Bustling, Strung out, Tossing and turning, Unpeaceful, Disquiet



“I have nothing to give but blood, toil, tears and sweat”, Winston Churchill



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I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in all their toil—this is the gift of God.

Ecclesiastes 3:12-13

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Whatever you do, work at it with all your heart, as working for the Lord, not for human masters, since you know that you will receive an inheritance from the Lord as a reward. It is the Lord Christ you are serving.

Colossians 3:23-24

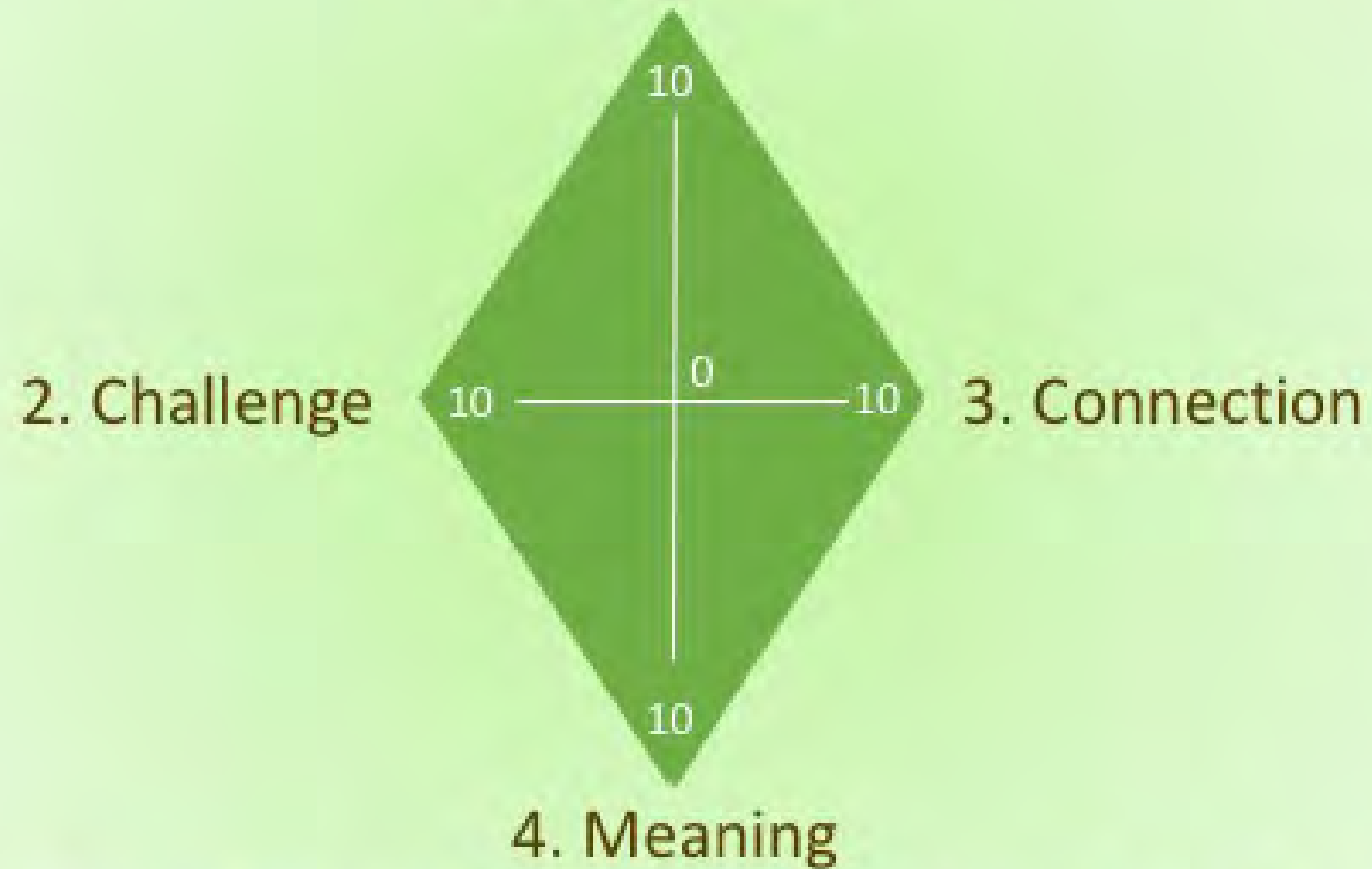


So whether you eat or drink or
whatever you do, do it all for
the glory of God

1 Corinthians 10:31



1. Enjoyment



2. Challenge

3. Connection

4. Meaning

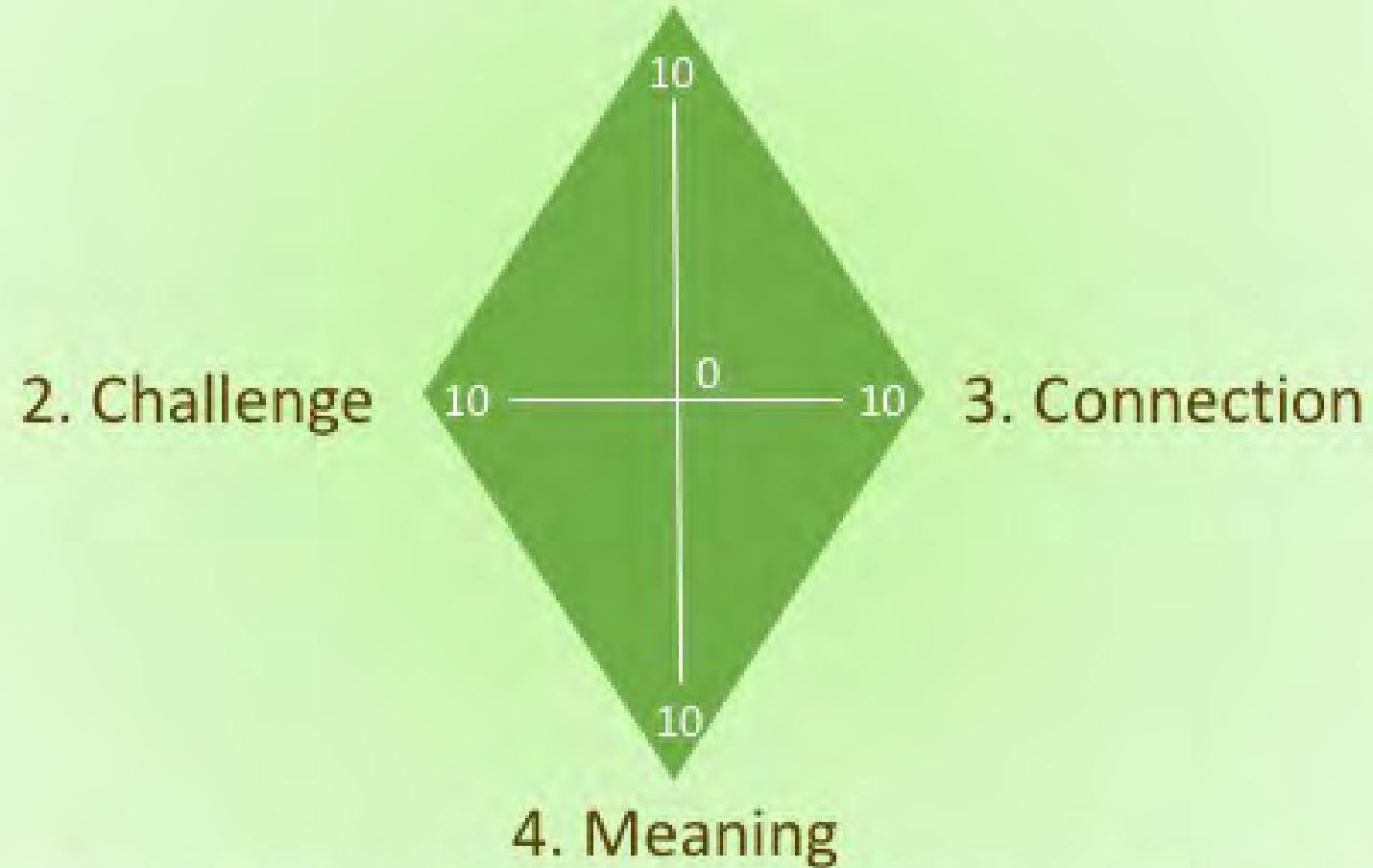


“Enjoyment appears at the boundary between boredom and anxiety.”

Mihaly Csikszentmihalyi
Author of 'Flow'



1. Enjoyment



2. Challenge

3. Connection

4. Meaning



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What makes you happiest in your life?

Who do you look up to? Who inspires you? Why?

What would you do if you knew you could not fail?

You are given a whole year to do exactly what you want what would you do

What conversations do you find yourself getting really engaged in?

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What excites you?

When were you last so excited you couldn't focus on anything else?

If you could write a book to give an important message to the world what would it be about?

If you believed that you could make enough money following your dream - what would you do?

WHEN WAS LAST TIME YOU TOTALLY LOST TRACK OF TIME? WHAT WERE YOU DOING?

What do you love helping people with?

You are let loose the the biggest book shop in the world and can spend £100 on books. What kind of books would you come away with?



What makes you
most angry about
the state of world?



What would you
like to change?



‘A man’s true wealth is
the good he does in
the world’

Kahlil Gibran

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Seek ye first the Kingdom of God

Matthew 6:33





“Just because you find that life's not fair it
Doesn't mean that you just have to grin and
bear it
If you always take it on the chin and wear it
Nothing will change.

Even if you're little, you can do a lot, you
Mustn't let a little thing like, 'little' stop you
If you sit around and let them get on top,
you might as well be saying
You think that it's okay
And that's not right!
And if it's not right!
You have to put it right!”

From 'Naughty', Matilda the Musical
Music and Lyrics by Tim Minchin



“In a slip of a bolt theirs a tiny revolt
The seed of a war in a creek of a floor board
A storm can begin with a flap of a wing the
tiniest might packs the mightiest sting


Everyday starts with a tick of a clock
All escapes starts with a click of a lock
If your stuck in your story and want to get out
You don't have to cry
You don't have to shout! !”

From 'Naughty', Matilda the Musical
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A close-up photograph of a person's hand, palm facing up, holding a small, colorful beetle on the tip of the index finger. The beetle has a reddish-brown back and a blue-black head and legs. The hand is positioned in front of a colorful, patterned fabric, possibly a blanket or clothing, with yellow, red, and white tones. The background is a soft-focus outdoor scene with green foliage and a path.

Even if you're
little, you can
do a lot.

Seek ye first the Kingdom of God

Matthew 6:33





S I M P L I F Y