

A LIFE EDIT

Ten steps to simplify your life and
lean into intentionality.

By Brandie Freely

For every good story there are countless drafts and iterations stacked somewhere with red marks and strike throughs and notes and highlights. And those valuable drafts dare not be discarded. Their value is unspeakable. Those drafts are the work – the real work – that goes unseen by most and takes place when there is no proof that it will even be worth it. Those drafts are proof of faith. Those are stacks of tangible belief. Those efforts, an example of leaning into the unknown.

Those edits mean something. They mean a whole lot.

Edits really matter.

And so, in the writing of our own stories it is important to edit our life-drafts (this is a made up term, but you get it). We have to be sure to go in and edit our stories.

This guide is a starting point. Its purpose is to inspire the edits. Inspire the consideration of what needs to be circled or highlighted. Or struck through or revisited when there is more clarity. What needs to be removed, rewritten, corrected in your life.

How can you revise the details of your life so that it reads the way you want it to?

This guide is really about intentional living. You know? That's what it really boils down to. Through ten actionable steps, you'll edit your personal life down to the things that are most important to you and cultivate a sense of ease, meaning and beauty in your everyday life.

Pull out your pens. Let's get to work,
Brandie

1. **What Do You Do As Routine?** Here are some ideas:

- Start the day with gratitude: Write down three things you're grateful for each morning.
- Set intentions: Write down one thing you aim to accomplish today to prioritize your well-being.

Writing Prompt: How can or do routines enhance my life? What routines should I add/remove?

Affirmation: I move through each day with intention and gratitude.

2. **Declutter Your Space.** Environment matters:

- Start small: Dedicate 10 minutes each day to declutter a specific area of your home.
- Let go of the unnecessary: Donate or discard items that no longer serve you.

Writing Prompt: Describe how decluttering your space makes you feel lighter and more at peace.

Affirmation: I release what no longer serves me, creating space for peace and clarity in my surroundings.

3. Nourish Your Body and Soul. What's inside matters.

- Eat mindfully: Choose one meal each day to savor without distractions.

- Move joyfully: Engage in physical activity that brings you joy, whether it's dancing, hiking, or yoga.

Writing Prompt: Reflect on a moment of connection between your body and soul during a nourishing activity.

Affirmation: I honor my body from the inside out with nourishing food and joyful movement, thanking it for working for me.

4. Cultivate Daily Practices. What you practice grows stronger.

- Create a daily practice: Establish a calming practice to reset your nervous system when needed.

- Incorporate self-care: Dedicate time each day to activities that replenish your energy and nurture your spirit.

Writing Prompt: Describe something you wish you did daily that you believe would enhance your life.

Affirmation: I embrace daily practices that nurture my mind, body, and spirit, cultivating inner peace and balance.

5. Connect with Nature. Under palm trees everything is ok.

- Spend time outside regularly: Connect with the beauty of the natural world as medicine.

- Practice mindfulness in nature: Engage your senses fully, noticing the sights, sounds, and sensations around you.

Writing Prompt: When is the last time you found yourself in awe of nature?

Affirmation: I find solace and inspiration in the beauty of nature.

6. Prioritize Rest and Relaxation. Some ideas:

- Set boundaries for yourself: Establish a bedtime routine and stick to a consistent sleep schedule.

- Practice deep relaxation: Incorporate meditation and deep breathing into your daily routine.

Writing Prompt: Make a list of things that prevent you from deep rest and relaxation.

Affirmation: I honor my need for rest and relaxation, nurturing my well-being with peaceful sleep and mindful rejuvenation.

7. Savor Simple Pleasures. The best things in life are free and/or come with ease.

- Embrace slow living: Take time to appreciate the small moments of beauty and joy in your day.
- Make a go-to list of simple joys in your life. Keep it near. Visit it often. Do those things.

Writing Prompt: Make a split list of what is simple and complex in your life. Edit it to make the priorities clear.

Affirmation: I will not overlook the simple joys in my life.

8. Practice Mindful Consumption. Log off for me.

- Limit screen time: Set boundaries around your digital consumption to reduce overwhelm and promote presence.
- Practice conscious spending: Reflect on your purchases and prioritize investments that align with your values and goals.

Writing Prompt: Write about what you're consuming too much of and how you can change that.

Affirmation: I consume mindfully, choosing experiences and possessions that enrich my life and align with my values.

9. Nurture Meaningful Relationships. You need people.

- You are not meant to do this life alone: Invest energy in nurturing deep, meaningful connections.

Writing Prompt: Who are you pouring into? Who's pouring into you? Is it time to edit and revise the people in your orbit?

Affirmation: I cultivate meaningful relationships based on authenticity, trust, and mutual respect, enriching my life with love and connection.

10. Celebrate Progress, Not Perfection. Journey over destination. Always.

- The journey is the richest part: Focus on appreciating the process; not obsessing over the outcome.

- Acknowledge progress: Celebrate your achievements, no matter how small, and recognize the growth you've experienced along the way.

Writing Prompt: Reflect on your recent wins. How are you doing, really, overall? Has there been forward movement??

Affirmation: I embrace my journey with grace and compassion, celebrating each step forward and honoring the beauty of my evolving self.

Come back to these questions as you continue to edit your life from now until forever. We are a continuous work in progress.

The most important part of self-editing is remaining open to getting better. Is keeping in mind that you are not your best version yet. That you are always becoming better and better.

And that **that** is the point of it all anyway.

I'm sending love and peace for your journey,

Brandie Freely