

# 25 WAYS TO LIVE A SIMPLE, FRUGAL LIFESTYLE

1. OVERHAUL YOUR FINANCES: BUDGET, SAVE, CLEAR DEBT & STOP UNNECESSARY SPENDING.

2. CANCEL WHAT YOU DON'T NEED - SUBSCRIPTIONS / MEMBERSHIPS - IS THERE A CHEAPER ALTERNATIVE?

3. EMBRACE THE 'NO SPEND' CHALLENGE, FOCUSING ON A DIFFERENT THEME EACH MONTH.

4. SIMPLIFY SOCIALISING - SAY NO IF YOU NEED TO & SOCIALISE AT HOME TO SAVE A SMALL FORTUNE.

5. CREATE A GOOD WORK-LIFE BALANCE. TAKE TIME TO UNWIND, ENJOY Hobbies & SLOW DOWN.

6. DECLUTTER & ORGANISE YOUR HOME TO REDUCE HOUSEWORK & ADOPT A 'LESS IS MORE' APPROACH.

7. SIMPLIFY YOUR ROUTINES TO LESSEN UNNECESSARY TASKS & USE TIME PURPOSEFULLY.

8. CONNECT WITH NATURE - GO FOR A WANDER, SLOW DOWN, RELAX & HAVE A DIGITAL DETOX.

9. GROW YOUR OWN FRUIT & VEG TO GET OUTDOORS, BECOME MORE SELF-SUFFICIENT & SAVE MONEY.

10. DEVELOP SOME DIY SKILLS TO UPCYCLE, REDUCE WASTE (FIX, DON'T THROW) & SAVE MONEY ON TRADES.

11. EMBRACE FRUGAL LIVING HABITS, EG: LIBRARY BOOKS & PACKING PICNICS.

12. BOYCOTT BEAUTY TREATMENTS - WHAT CAN YOU DIY AT HOME?

13. REASSESS YOUR LUXURIES AND NON-ESSENTIAL SPENDING - CAN YOU CUT BACK?

14. ENJOY FRUGAL DAYS OUT: VISIT THE BEACH / THE WOODS OR GO FOR A BIKE RIDE / HIKE.

15. CHANGE YOUR SHOPPING HABITS: DO YOU NEED IT? DO YOU LOVE IT? WILL YOU USE IT?

16. REDUCE YOUR WASTE: MAKE DO AND MEND, EAT UP LEFTOVERS & REPURPOSE CREATIVELY.

17. INVEST IN REUSABLE ITEMS: FOOD TUBS, WASHABLE COTTON PADS, WASHABLE CLOTHS ETC.

18. CHANGE THE WAY YOU EAT: MEAL PLAN, BATCH COOK TO FILL THE FREEZER & COOK FROM SCRATCH.

19. BE ENERGY EFFICIENT: DRAUGHT PROOF, TURN THE HEATING DOWN & SHOWER QUICKLY.

20. HAVE A MINIMALIST CHRISTMAS: LIMIT GIFTING, SHOP SECOND-HAND & ENJOY FREE FUN.

21. CUT MOTING COSTS: WALK / CYCLE WHEN YOU CAN, CAR SHARE & RUN A FUEL EFFICIENT VEHICLE.

22. TRAVEL FRUGALLY: THINK OUT OF SEASON, ROAD TRIPS, HOUSESITTING & SALES / OFFERS.

23. STOP BUYING NEW: CLOTHES, FURNITURE, GIFTS, HOME WEAR, TOYS, BOOKS ETC.

24. MINIMALISE YOUR WARDROBE: STREAMLINE, MIX AND MATCH & OPT FOR QUALITY OVER QUANTITY.

25. CHANGE WHAT YOU VALUE: ENJOY LIFE'S SIMPLE PLEASURES, MAKE MEMORIES, SPEND LESS & LIVE MORE.