






**MAKING "BLISS PIE":**

**FOUR INGREDIENTS TO CREATING MORE TIME, ENERGY, AND HAPPINESS**

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A strong **foundation** to your life is one based on **SIMPLICITY**, which is made up of four key "ingredients":

Ingredients	Definitions	Formula
 Balance	Balance with your health (physical and emotional), time/schedule, work, finances, "stuff," etc.	<b>B</b>
 + Love	Love of self, a higher power, your life, other people, animals, our communities, the world, etc.	<b>L</b>
 + Interconnectedness	Interconnectedness with family, friends, community, plants/nature, animals, the Earth, etc.	<b>I</b>
 + Seasoning / Spice	Seasoning / spice of life, such as art, music, romance, photos, dance, technology, travel, etc.	<b>S</b>
= <b>SIMPLICITY</b> 	<b>As your life becomes simpler, everything you do suddenly has a clearer purpose: to create an even happier, more loving life for yourself, for those you love, and for the greater world.</b>	<b>S</b>

As you increase these four key ingredients in your life,

**BALANCE      INTERCONNECTEDNESS      LOVE      SPICE / SEASONING**

your life WILL become *simpler*!

To Create more BALANCE:

- **Learn to say, "No," with kindness.** Try this "formula": acknowledge the request, share your limitations, and offer alternatives.
- **Organize and systematize your home and finances.** Declutter your home until your home is truly your refuge. If your finances "need improving," take the steps needed to do so.
- **Learn to delegate or pay or barter/trade for the tasks you dislike.** Consider asking if someone is willing to barter before offering payment. Be creative in what you offer to trade.
- **Start tackling--and eventually eliminating--your "tolerations":** all of the hundreds of things that you are tolerating. As you eliminate these tolerations, you will feel a surge of positive energy begin flowing into your life.

To Create more LOVE:

- **Schedule time every week for yourself,** to have fun and be *creative!* You must make **you** a priority in your life!
- **Determine your most important "core values"**--for both yourself individually and for your family--and live your life according to these values.

To Create more INTERCONNECTEDNESS:

- **Truly cherish your friendships and relationships and create your own "personal team"** (e.g., a doctor and dentist who listen, an accountant, a babysitter, a vet, a house-sitter, a plumber, an electrician, an auto mechanic, roadside assistance, etc.) Make referrals and say thank-you as often as possible.
- **Use technology to your advantage, especially to stay connected with those you love and care about** (e.g., text messaging teens, using voicemail to its full capacity, Send Out Cards, etc.)
- **Learn to ask others for help.** Asking, "Could you please help me," is as much as gift to the other person as it is to yourself!

To Create more SPICE: You don't need Judy's help to answer this one! ☺