the land of enough

written by courtney carver

Living in the Land of Enough

by Courtney Carver

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About the Author

Courtney Carver is the writer and founder of Be More with Less.

The 42 year old wife and mother launched a blog in May 2010 to share a message of hope in simplicity. She left a 15 year career in sales and marketing in September 2011 to focus on writing, develop new ways to teach others to live more simply, and live a simpler life herself.

In addition to <u>bemorewithless.com</u> she created <u>bemorewithless.com/business</u> to encourage business owners and entrepreneurs to focus on the essential instead of getting lost in busy work.

Courtney was diagnosed with Multiple Sclerosis in 2006 and attributes her healthy lifestyle to simplifying every part of her life, from diet to debt. She moved from New England in 2004 to Salt Lake City where she lives with her husband and 16 year old daughter.

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Living in the Land of Enough

It is no secret that we live in the land of plenty. Even in the midst of a struggling economy, the average American household spends close to \$3000 dining out each year. Up to 40% of American households spend more money annually than they make, and in 2009, the average American owed \$8,400 in credit card debt.

In the land of plenty, we are constantly tempted with more ways to spend: bigger servings, buy one get one free offers, and endless opportunities to get rich quick.

Most of us have never really understood what it is like to be hungry or want for a real necessity. Even with overflowing plates, closets full of clothes, and garages stuffed floor to ceiling with boxes of stuff that won't fit in our over sized homes, there is more evidence than ever before of people searching for more. Clearly, spending more than enough, to have more than enough, does not equal happiness... not even in the land of plenty.

What if we decided to embrace the idea of living in "the land of enough" rather than "the land of plenty?" What if we began to resist the temptation for more and instead, became content with what we already have? How would our lives begin to change?

If you have entertained the idea of living more simply, but have never tried before, put it to a short test for a few days or weeks. The benefits you see in the first few days just may be enough to inspire a lifestyle makeover. Here's a mini, simple living boot camp to help you get started. Give it a try for 10 days and see what changes in your life. You may be surprised how much you enjoy living in the land of enough.

Seven Ways to Live in the Land of Enough

- **1. Save Your Money**. There is no need for credit cards or therapeutic shopping in the land of enough. There are also no overdraft fees or ATM charges. Just put your cards away for 10 days. Then, keep a list of purchases you would have made if you were using your credit card, or if you were shopping for sport, and take note of the money that you didn't spend.
- **2. Take Your Time.** In the land of enough, you have time to breathe. Stop trying to squeeze so much in. If you are always running late, falling behind, or trying to catch up, try slowing down. Cancel a few unnecessary appointments and don't schedule any new ones if you can help it. Then, make a little time everyday for solitude.

- **3. Disconnect**. Set a specific time to disconnect each day. In the land of enough, there is less need to be plugged in. If you can, commit to not using a computer after dinner or before lunch time. Be mindful of how much time you spend online and are virtually available. Protect your time and your mind.
- **4. Eat Real Food.** Only eat food that you prepare. Now is the perfect time to eat fresh, seasonal. Do not eat anything from a box, restaurant or drive-thru. While you may choose to eat less when eliminating processed foods, you may find that you naturally eat just enough.
- **5. Make Space**. Clear out some space in your home. You don't need to take on big purging projects during this time to make space. Simplify one room (or even just the corner of one room) and keep it as clean and clutter free as possible. Even if the rest of your house is cluttered, this area can be a great reminder of how you might feel living with less.
- **6. Entertain Yourself**. Unplug your TV and plan to enjoy your friends, family, the great outdoors, or a book you have been meaning to read. Do not spend time and money on expensive shows, travel or recreational activities. While the land of plenty calls you to spend more money for entertainment, you already have enough right where you are.
- **7. Say Thank You**. As you go through these steps, you will find enough time and space to be grateful. Through prayer, thank you cards, or a kind gesture, share your gratitude every day.

There is no risk involved by visiting the land of enough. Bring your family with you and talk about what you like and don't like about the changes you've made. Based on these discussions, you can decide what changes become a permanent part of your life. If you don't enjoy living without TV, plug it back in. If saving money makes you miserable, go on a spending spree at the mall after your experiment.

At the very least, you will have taken some time to determine what is important to you and your family. At the very most, you will be happier and learn that enough, really is enough.

Money

I'm sure you've heard the saying, "Money makes the world go round." or "Show me the money!" There is no doubt that money is important, but when it becomes the object of your affection, or the subject of your nightmares, it's time to shift focus.

Test driving the move to the Land of Enough for a few days or weeks is one thing, but to ensure permanent change, you need to define what is *enough*. While each of us will have a different version of enough, and that definition will change throughout our lives, some of the basics will be universal.

Save Your Money

There is no need for credit cards or therapeutic shopping in the land of enough. There are also no overdraft fees or ATM charges. Just put your cards away for 10 days. Then, keep a list of purchases you would have made if you were using your credit card, or if you were shopping for sport, and take note of the money that you didn't spend.

That was the recommendation for a short hiatus in the Land of Enough. For a longer stay, like a lifetime, you will need to consider how much money you need.

Ask questions like ...

- Do I need to make more or is this enough?
- If I started a small business, what would I need to make?

Consider this, if you are always trying to make as much as you can, and then more than that, what are you sacrificing? What is enough for you? This is not to say that you can't make a bunch of money in the Land of Enough, but if you are making it just to have *more*, then other areas of your life may be lacking. Could you be happier if you worked less and made less?

There are 3 important things you can do with your money. You can save it, spend it or give it away. Each of these options has merit and having enough involves all three.

A long time ago, people bought what they could afford. Then, when they ran out of money, they stopped buying things until they made more money. In 1914, Western Union offered the first charge card, which was printed on paper, for consumers. The first official charge card was invented in 1950 by Frank McNamara, who called his card Diners Club. In 1959, American Express was the first company to issue embossed plastic charge cards.

With credit cards, no one had to wait for anything anymore. And they didn't. Today, you can charge it, rent to own it and even cash checks early if you are willing to pay the price. Unfortunately, the price has become bigger than just an exorbitant interest rates.

When you can get anything you want, anytime of day, you become unsatisfied, uninspired and kind of lazy.

Use your money wisely ...

Spending. Vote with your dollars and buy things that you need and care about. Do not buy to feel. If shopping gives you a rush, you are missing something else. Every dollar you spend supports someone or something. By supporting what you care about, every dollar gets a vote.

Saving. After you are debt free, save 15% of your income for retirement. It's never too late to start, but the sooner the better. Compound interest is your friend.

Giving. When you have enough, you can give to someone who doesn't. Give to an individual or an organization that you support. Your dollars may change a life.

Let the way you manage your money be a reflection of who you are and how you want to live your life. With spending, saving and giving, do it simply, and do it on purpose.

Reading Recommendations:

Your Money or Your Life: 9 Steps to Transforming Your Relationship with Money and Achieving Financial Independence: Revised and Updated for the 21st Century

Time

Time is one of the most valuable things we have and we never know how much we have left. While we can't stop time, or control how fast it passes, we can create more.

Take Your Time

In the land of enough, you have time to breathe. Stop trying to squeeze so much in. If you are always running late, falling behind, or trying to catch up, try slowing down. Cancel a few unnecessary appointments and don't schedule any new ones if you can help it. Then, make a little time everyday for solitude.

That was the recommendation for a short hiatus in the Land of Enough. For a longer stay, like a lifetime, you will need to consider how you really want to spend your time.

Ask questions like ...

- Is this the best use of my time?
- Are distractions taking larger chunks of my day than I thought?
- Am I doing things efficiently, or am I so stretched that it takes me more time than it should to get anything done?
- At the end of the day, am I grateful for the day, or just grateful that it's over?

If you are open to living with less, then you will be able to create real time for yourself. It may take a job change, lifestyle adjustment, or maybe just small shifts, but if what you really want is more time, it's yours for the asking.

How to Create Time

Be Efficient. Let's face it, working 8+ hours a day in a job that you aren't crazy about doesn't pump you full of energy. The hours after work are often spent recovering with food, alcohol, TV, Facebook and anything else that doesn't require anything of you.

It might not be possible, or even necessary to quit your job, but you do have to redesign your day. If your lunch break is spent in front of a computer, in your car or on the phone, that is the first place to start.

Taking an hour in the middle of the work day to go for a walk, take a yoga class or eat a simple meal will help you re-charge.

Kill your TV. After being TV free for more than a year, I can tell you with conviction...It has to go! Don't be afraid of saying goodbye to 500+ channels. Once it's gone, you will wonder how you ever had time for it in the first place.

Limit distraction. Don't bother getting rid of the TV if you are going to <u>fill the hours with facebook</u> and googling anything to keep your mind off your day. Set a certain amount of time to check in, but do not check out!

Schedule e-mail. If you are checking your email more than 3 times a day, you are losing time. I know you want to be responsive and I know you are curious to see who sent what, but it can wait. If you aren't ready to <u>reduce your email</u> time to 2 or 3 times a day, at the very least, don't check your email first thing in the morning. This is a tough habit to break, but unless you want to spend your day doing everyone else's most important tasks, do yours before checking email.

Stop unwinding. Did you ever think that if you weren't overworked, stressed out, and over it, that you wouldn't have to spend so much time and money unwinding? Here are 7 ways to stop unwinding.

Say no. It's ok to say no to things that you aren't interested in and don't believe in. When you don't have the time to commit to something new, it is ok to say no. Do not feel compelled to come up with an excuse or apology. A simple, "no thank you" will do.

Say yes. Agree to commitments that make your heart swell.

Sit still. I know you want to do it all, see it all, make a difference and change the world, but sometimes, your time is best spent sitting still.

In the beginning you may have to constantly remind yourself about what is most important. You won't forget, but it's easy to get lost in e-email or doing things out of obligation, instead of true interest.

Keep in mind that open time on your calendar doesn't mean that you aren't important, it means that you value your time. Once you stop living with back to back appointments, the day can really reveal itself. You never know what's in store until you open your heart and time to possibility.

Reading Recommendations:

Focus: A simplicity manifesto in the Age of Distraction by Leo Babauta
What Should I Do with My Life?: The True Story of People Who Answered the Ultimate
Question

Disconnect

I love a good <u>digital sabbatical</u>. No email, no twitter, no Facebook, no iPhone. I really understood what <u>Gwen Bell</u> meant when she said, "I call them hits. When I want a quick hit, I just jump on Facebook."

Without a hit, my day goes by more slowly and thoughtfully.

Disconnect

Set a specific time to disconnect each day. In the land of enough, there is less need to be plugged in. If you can, commit to not using a computer after dinner or before lunch time. Be mindful of how much time you spend online and are virtually available. Protect your time and your mind.

That was the recommendation for a short hiatus in the Land of Enough. For a longer stay, like a lifetime, you will need to consider how you really want to spend your time and what you are missing when you are sucked up in e-mail and other electronic distractions.

Ask questions like ...

- Why am I turning my computer on?
- How effective can I be running three programs at once?
- Why do I read an email while I am talking on the phone?
- · When was the last time I went outside?

If you really want to live with less, then you need to think of "things" in terms of more than just stuff. The Internet is a thing. Twitter is a thing, email is a thing. This might sound silly but any "thing" that takes up your time and attention needs to count when you are considering being more with less.

How to Disconnect

Everyday. If you currently work with a computer, chances are you try and do more than one thing at a time. Maybe you always have your email open, or Tweetdeck chirping away in the background. It doesn't matter what your work is, you are less effective when you segment your attention.

To better assess where your time goes in a day, log your time for 3 days. Track what you do, on paper, including when you check your email, post a tweet, like something on Facebook, break for lunch, check voicemail, channel surf or whatever. Be honest so you can see where your time goes.

Next, structure your day so you are only doing things that reflect your goals. If that includes social media or email, set aside time to do it, but once your time is up, shut it down.

Digital sabbaticals. After my first 24 hour <u>digital sabbatical</u>, I can see that I need to build them in every week. If you haven't done it yet, give it a try. You will be amazed at how your day changes. Don't worry about what you will miss online. Instead, embrace what you've been missing while you were plugged in.

Kill a social media outlet. You tweet, Facebook, text, instant message, link in, Skype and google chat. When is it going to stop? What if you put all of your energy into 1 or 2 methods of connecting instead of 4 or more?

Figure out what you enjoy socially, and what makes the most impact for your business and stick with that. Also, don't be afraid to limit how many people you follow or friend. There's no magic number, but I find less than 100 to be more manageable and meaningful.

Cancel Your Cable. TV watching should be included in the things you cut for your digital sabbatical. Start with a TV free day and consider <u>cancelling your cable</u> all together. You will save money and time, and discover amazing new ways to unwind and relax.

Lights out night. When I used to live in New Hampshire, we had at least 3 or 4 storms each year that would knock out the power for a few hours, or days. While inconvenient, it was fun to dig out candles and plan an evening without the modern conveniences that come with electricity.

Could you go 24 hours without electricity? It might be challenging, but it could be fun or even romantic!

Turn it off, shut it down, disconnect or whatever you want to call it, but give your body and mind a break from the buzz. Not only will the tiny distractions take over your day, but that constant source of stimulation will make you forget the rush you get riding your bike down a hill or building a snowman or sand castle with your kids.

Build in a fun, outdoor adventure during your first digital sabbatical so you aren't tempted to tune in for a quick hit.

Reading Recommendations:

Inside-Out Simplicity by Joshua Becker

Food

While food is always a big part of our lives, it is even more so during the holidays. We go out more and eat more. Things are creamier, heavier and more buttery. It is so easy to get caught up in cocktails, appetizers, cookies and cakes that time of year, that it's no surprise when the number on the scale is higher than it should be on January 2nd.

Eat Real Food

Only eat food that you prepare. Now is the perfect time to eat fresh, seasonal. Do not eat anything from a box, restaurant or drive-thru. While you may choose to eat less when eliminating processed foods, you may find that you naturally eat just enough.

That was the recommendation for a short hiatus in the Land of Enough. For a longer stay, like a lifetime, you will need to think about what you eat and why.

Ask questions like ...

- Am I eating because I'm hungry?
- Am I an emotional eater?
- What emotion triggers overeating?
- Can I indulge without going overboard?
- Do I feel deprived when I should feel satisfied?

The more real food you eat, the healthier you will be. In other words, stop buying your food in boxes and bags. If you don't understand what's in your food, or can't pronounce everything on the ingredient list, don't put it in your body. If you wouldn't feed it to your children, reconsider consuming it yourself.

Great articles about food ...

A Simple Guide to Eating Like a Human

Simple Food and Eating: 8 Tips to Get You on the Right Track Today

Eat Colors Not Calories

Eating Healthfully – A Long Term Vision

The Great Moderation Hoax

Great books about food ...

Food Rules: An Eater's Manual

The Kind Diet: A Simple Guide to Feeling Great, Losing Weight, and Saving the Planet

The Raw Food Detox Diet: The Five-Step Plan for Vibrant Health and Maximum Weight Loss

The Conscious Cook: Delicious Meatless Recipes That Will Change the Way You Eat

The Hip Chick's Guide to Macrobiotics: A Philosophy for Achieving a Radiant Mind and a Fabulous Body

While food is delicious and satisfying, I think we need to remember that first and foremost, it is nourishing. Food can make our bodies strong, prevent and fight disease. If you are curious about how food can impact your health, I highly recommend reading The China Study.

Just as important as eating real food is, it is also important to maintain a healthy weight. This is not an easy task for everyone, myself included.

Many find that when they shed stuff and start living more simply, they shed weight more easily as well. While that has been my experience too, I work hard to be healthy.

Even though I sometimes want to be that girl who only eats seasonal vegetables, that are grown locally, I do not eat perfect meals every day. I drink wine, eat chocolate, indulge my sugar cravings (sometimes too frequently) and have fat days.

I strive to eat foods that keep my body healthy, and eat just enough to satisfy, but I face the same struggles that some of you do. The best advice I have is to enjoy delicious food but in smaller quantities and recognize when you've <u>eaten enough</u> and <u>move</u> everyday.

You won't lose 20 lbs in 30 days, but you will feel better, get stronger and look amazing with a few simple, consistent changes.

Space

One word that often comes to mind when talking about simplicity and minimalism is space. With space, we can direct our energy and focus on what means the most. Space is not just an empty room, but it is what surrounds us, everywhere we are.

Let's be honest. It is tough to appreciate your space in an airport or an amusement park. Why? Because you don't have any! That being said, creating space is an art, and you can create that art anywhere if you are mindful.

Make Space

Clear out some space in your home. You don't need to take on big purging projects during this time to make space. Simplify one room (or even just the corner of one room) and keep it as clean and clutter free as possible. Even if the rest of your house is cluttered, this area can be a great reminder of how you might feel living with less.

That was the recommendation for a short hiatus in the Land of Enough. For a longer stay, like a lifetime, you will need to think about all the spaces that you spend your time.

Ask questions like ...

- How do I feel when I am in an empty room?
- Is my work space conducive to working?
- Is my bedroom set up for a good night of sleep?
- Do my living areas promote stress or calmness?
- When I travel, do I protect my space?

One of the biggest benefits of living with less, is that you can quickly create space. More space will help you calm down and focus on what is important. The spaces that you spend most of your time really reflect who you are. They don't always demonstrate who you want to be or how you want to live your life, but if you want a good indication of how things are today, look around.

How to Make Space

Closet. Start here and build momentum for decluttering the rest of your home. Consider your closet to be anywhere you store clothes. Here is the process I recommend:

Start making piles of clothes and be ruthless.

- Pile One: I love these items. They fit me well and I wear them frequently: Keep
- Pile Two: I want to keep this but I don't know why
- Pile Three: These items don't fit me or my style: donate.
- Pile Four: These items aren't in good condition: trash.

Next:

- Take Pile Four to the trash.
- Box up Pile Three and put in your car before you have time to re-think.
- Put the items from Pile One back in your closet.
- Box up all items from Pile Two and put the box in the back of your closet for 30 days.
- If you didn't miss the box after 30 days, DO NOT OPEN IT, donate it.

After you make some progress, if you love that feeling of empty space in your closet, join minimalist fashion Project 333.

Bedroom. While I don't recommend TV in any room of the house, it should absolutely be off limits in your bedroom. Your bedroom should be for only two things: sleeping and sex. Of course, you might do other things like read, or get dressed in the morning, but create the space for the first two things I mentioned. Your bedroom is your sanctuary. If you have piles of bills, a computer, or TV in there, the energy changes, the space changes and you change with it.

Kitchen. Of course the kitchen is for eating and cooking, but it is often the place where your family gathers during other times of the day. I notice whenever we have guests, we always end up in the kitchen. Store like Ikea and Target can make it almost irresistible not to fill your kitchen with matching gadgets and tools. Resist! Seriously, how many sets of measuring cups, wine glasses, mixing bowls or wooden spoons can you use at one time.

I highly recommend following the steps in this post, especially in the kitchen to determine what you really need in there. Imagine baking bread without having to move fifty things off the counter or inviting friends over to share a bottle of wine without having to spend an hour "picking up".

Office. If you can <u>free yourself from an office</u> and create your own working space, I highly recommend it. Regardless of where you do your work, set your space up free of distraction so you can focus on the task of hand.

I know a stack of papers or a post-it note can't literally speak to you, but we both know, they will call you away from your work. Keep your desk clear and your desktop clearer. If your only workspace is your computer, be sensitive to all the things that can fill your space. Turn off email and other distractions and do great things.

Car. Maybe you are <u>Simply Car Free</u>, but if not, take care of this space so all focus can be on getting safely from point a to point b. For starters, turn your phone off every time you buckle up. Put the stuff you need to travel with in the backseat or trunk. Keep a small bag in the car for trash so apple cores or water bottles aren't rolling around while you drive. Please stop using the time and space you have in your car to get things done. I know you want to make those phone calls, or take notes as you think of important things you have to do. I used to do it all the time. **I stopped. Please stop too.**

Travel. Airports, airplanes, shuttle buses, hotel rooms and restaurants are all a struggle. There are ways to create space, but if you can't, just focus on protecting your own space. Instead of mashing up in line at the airport, sit in a less crowded section and board the plane last. Carry less, so you don't have to worry about finding space for your stuff. Take food back to your hotel room instead of eating out and stretch out. Visit a museum or yoga studio when you travel to appreciate the open space.

Mind. You can free up space in your brain and mind by doing less. When you work and live with an overloaded mind, you don't sleep well, you don't think clearly and decisions are made out of frustration and fear instead of facts and inspiration. Slow down, let the unimportant go, and literally open your mind.

As you make space, remember that <u>less is not none</u>. Some minimalists live in empty rooms with white walls and furniture. While I appreciate that aesthetic, my walls are colorful and display simple photography and vibrant paintings. It's a great reminder that minimalism doesn't come in a can. It's a lifestyle and that looks different for every life. With a dog, two cats and a teenager, I don't pretend to live in a museum. There aren't a lot of "things" around, but when you walk into my home, it feels like me.

Entertainment

Dinner out and a movie for a family of 4, can easily cost more than \$100.00 depending on where you eat, and often much more than that. An all-inclusive vacation may cost thousands. How can you do fun things with your friends and family without breaking the bank?

Entertain More Simply

Unplug your TV and plan to enjoy your friends, family, the great outdoors, or a book you have been meaning to read. Do not spend time and money on expensive shows, travel or recreational activities. While the land of plenty calls you to spend more money for entertainment, you already have enough right where you are.

That was the recommendation for a short hiatus in the Land of Enough. For a longer stay, like a lifetime, you will need to think about how you entertain yourself.

Ask questions like ...

- Can I have fun without spending money?
- Do I spend more time and money doing what other people enjoy?
- Am I lost without TV and internet?
- Should Facebook be considered quality entertainment?
- How do I feel when I have nothing to do?

I'm not suggesting that you never go to the movies, or out to dinner, but I do recommend a plan, and a budget for entertaining. This is especially true when you are paying down debt. I love when <u>Dave Ramsey</u> tells his radio listeners, "Until this debt is gone, you aren't going to see the inside of a restaurant, unless you are working there!"

Suggestions for Simple Entertainment

Rent cheaper movies. You may not watch movies at all, but if you do, both Netflix and Redbox offer more affordable options than Blockbuster or other movie rental stores.

Potluck. Ask friends to bring an appetizer or dessert to round off your next dinner party.

Coffee break instead of lunch hour. I suggest this for personal and business gatherings. You will save money and be able to focus on the conversation instead of the menu.

Sweat Together. Invite your friends to meet you at a yoga class, or to go for a run.

Relocate. Sometimes a change of scenery in itself can be entertaining. Bring your dinner to the beach, the mountains, or even into another room in your house for a picnic. Here are more tips for family dinners.

Cooking Class. Local kitchen stores often offer cooking classes. Bring a bottle of wine, learn to cook a new dish with your friends and family, and enjoy a nice meal together.

Movie or Book Swap. If you have a movie or book collection, but are bored with your selection, host a swap. Ask everyone to bring the books and movies they don't use. Donate any of the unpicked collection.

Get outside. Turn off your TV for a night, or for good, and go play outside. Ski, bike, go sledding, build a snowman, rake leaves, or take a <u>destination-less walk.</u>

Volunteer. Spending time giving back will be entertaining and fulfilling.

Meet up. A friend of mine swears by <u>meetup.com</u>. She's met great, like minded people for hikes, snowshoeing, and other fun activities. Plus, they have an awesome tag line...Do Something. Learn Something. Share Something. Change Something.

Game or craft night. This could be an evening with friends and/or family. The tag line would be...Play Something. Build Something. Win Something. Lose Something. Really though, this might be a night for a marathon Monopoly game or just a quiet night of wine and knitting.

Start a Blog. If there is something you are interested in, know something about, and really care about, share your ideas with the world. This is a great way to connect and even start a small business.

Remember that you don't need to be constantly entertained, or entertaining. Be mindful of your time and energy, and build in some time to be free of entertainment.

Gratitude

Life moves so quickly, that sometimes we forget to say thank you or even forget to be thankful at all. If you've forgotten how important gratitude is, it might be time to slow down, way down.

Gratitude makes everything smell sweeter, taste better and feel softer. Being thankful for something is like enjoying that something all over again.

Say Thank You

In the Land of Enough, you will find enough time and space to be grateful. Through prayer, thank you cards, or a kind gesture, share your gratitude every day.

That was the recommendation for a short hiatus in the Land of Enough. For a longer stay, like a lifetime, you will need to think about what it means to be truly grateful.

Ask questions like ...

- Am I taking something or someone for granted?
- How do I show my gratitude?
- When is it too late to say thanks?
- Could my gratitude replace resentment or another emotion?
- How do I feel when I express my thanks in a genuine way?

While it may not be as powerful as an immediate response, I firmly believe that it is never too late to say thank you, I'm sorry or I love you.

10 Ways to Say Thank You

- **1. Write a Letter.** Check out Tammy's advice on bringing back The Lost Art of Letter Writing. "It's one way to show gratitude and love in a very busy world."
- **2. Pick up the phone.** Email is easier sometimes, but it doesn't offer the heartfelt tone of your voice. Call and say *Thank You*. It will brighten some one's day, and yours.
- **3. Thank Publicly**. Thank people in front of other people to share the great work they've done. A public thank you can go a long way in the right circumstance.
- **4. Thank with a referral.** Sometimes the best way to show your gratitude is with a referral. This could be for business or personal reasons.
- **5. Send an email**. It's quick and easy, and if worded the right way, can go a long way.
- **6. Pray.** My prayer and relationship with God became so much stronger when I stopped asking for something and started giving thanks for everything about my life. "Generosity

is absolutely fundamental to simplicity and a natural byproduct of prayer." - <u>Joshua</u> Becker

- **7. Journal.** Write down a few things that you are grateful for everyday. I journaled 5 things, every day, for an entire year and not surprisingly, even on the crappiest days, I could easily find 5 things to write about. While most pages were only 5 simple lines with a few words each, that journal was a perfect description of the year.
- **8. Pay it back.** Every winter, my neighbors surprise us and clear our driveway after a snowstorm. In return, I bake them a pie or cupcakes. The tasks aren't equal in effort, but appreciated just the same. Some thank yous do not require words.
- **9. Leave a little note.** Thank you cards are nice, but not necessary to leave a little note. A piece of paper, the back of an envelope or even a simple post it note will do.
- **10. Use a simple message.** Sometimes we don't send a thank you card, because we don't know what to write. We over think the words and miss the sentiment entirely. Keep it simple. *Dear X, Thank you for thinking of me and being amazing. Love, me.*

I couldn't end this chapter with anything less than a very heartfelt and sincere thank you to you.

- Thank you for reading this.
- Thank you for being a friend, even though we might not have met yet.
- Thank you for telling me how I can do better.
- Thank you for connecting with me.
- Thank you for connecting with each other.
- Thank you for taking some of my advice.
- Thank you for giving me advice.
- Thank you for making this such a blast.
- · Thank you for taking care.
- Thank you for telling a friend about this book.
- Thank you for being so loving.
- Thank you for taking the time to uncover what is important to you.
- Thank you for changing the world.

You are Enough

When I first wrote <u>Living in the Land of Enough</u> as a guest post on <u>this blog</u>, I had no idea it would be <u>translated into Italian</u>, or turn into a book, but the more I wrote about The Land of Enough, the more time I wanted to spend there. Here is a quick recap:

Living in the Land of Enough

- **1. Save Your Money**. There is no need for credit cards or therapeutic shopping in the land of enough. There are also no overdraft fees or ATM charges. Just put your cards away for 10 days. Then, keep a list of purchases you would have made if you were using your credit card, or if you were shopping for sport, and take note of the money that you didn't spend.
- **2. Take Your Time.** In the land of enough, you have time to breathe. Stop trying to squeeze so much in. If you are always running late, falling behind, or trying to catch up, try slowing down. Cancel a few unnecessary appointments and don't schedule any new ones if you can help it. Then, make a little time everyday for solitude.
- **3. Disconnect**. Set a specific time to disconnect each day. In the land of enough, there is less need to be plugged in. If you can, commit to not using a computer after dinner or before lunch time. Be mindful of how much time you spend online and are virtually available. Protect your time and your mind.
- **4. Eat Real Food.** Only eat food that you prepare. Now is the perfect time to eat fresh, seasonal. Do not eat anything from a box, restaurant or drive-thru. While you may choose to eat less when eliminating processed foods, you may find that you naturally eat just enough.
- **5. Make Space**. Clear out some space in your home. You don't need to take on big purging projects during this time to make space. Simplify one room (or even just the corner of one room) and keep it as clean and clutter free as possible. Even if the rest of your house is cluttered, this area can be a great reminder of how you might feel living with less.
- **6. Entertain Yourself**. Unplug your TV and plan to enjoy your friends, family, the great outdoors, or a book you have been meaning to read. Do not spend time and money on expensive shows, travel or recreational activities. While the land of plenty calls you to spend more money for entertainment, you already have enough right where you are.

7. Say Thank You. As you go through these steps, you will find enough time and space to be grateful. Through prayer, thank you cards, or a kind gesture, share your gratitude every day.

If you think that living this life is appealing, but impractical on a daily basis, don't give up all together. Instead, set aside one day a week, or month to live according to the recommendations above. Choose your favorite ideas and make them part of your life.

When you begin to spend even a few minutes a day in the Land of Enough, you will quickly realize that the experience starts in your heart and begins to change it.

Even before you start to make changes, know that you are enough. Sometimes we think we have so far to go to get to where we want to be, that we don't even try. We think we don't deserve better because of our current situation or past behavior.

Regardless of your current habits or circumstances, you are enough. You've always been enough.

There is one thing about The Land of Enough that I forgot to tell you. Because everyone there is living more authentically and simply, and because they don't live under a burden of constant stress, they are loving. Simply put, it is easier to <u>love more deeply</u> when you realize you have enough... that you are enough.

This is the end of the book, but just the beginning of your journey in the Land of Enough. I'd love to hear from you. Email me bemorewithless@gmail.com or find me on twitter. Let me know if you have questions. Let me know your favorite part of the Land of Enough and how you implemented change in your life.

Thanks for reading,

Courtney