



Simplify

How to cut the crap and make space for joy

by Elizabeth J. Agnew, MS

To want to simplify does not mean to look down on the complex. It means to save the complex for when it's important. If your mind is taxed on the areas above, it will be harder to think in an integrative, complex way at work.

Space

The power our physical space has on us is often underestimated.

Essence. What feelings does the space where you spend your time evoke? Take a minute to notice. It probably colors your mood and outlook.

Clutter. Clutter drains our energy, yet it can feel like it takes so much energy to get rid of it. Once you do invest the time to get rid of it, celebrate the energy and space that you get as a result.

Systems. This is what makes the two above sustainable. How do you handle the information and stuff that enters your physical space? It takes looking around with new eyes to notice things that don't have a place in your system. Otherwise they just become a part of the backdrop.

Attitude

There are ways to simplify the chatter in our minds.

Abundance. Looking at the world from a lens of what's possible and where the opportunity is gives you the space to create your own reality and not get stuck in someone else's. This is a paradox because abundance may feel far from simple as it gives a limitless sense, but it's from that that we're able to choose, and choose simply.

Patience. I once heard that patience is not necessarily about *waiting*, but rather the ability to tolerate discomfort. The more we are able to tolerate what feels uncomfortable, the less that will ultimately feel uncomfortable.

Story. To simplify your story means to stop making conclusions about things that happen to you. Staying open can help you feel simple.

Goals

Do your goals overwhelm you or actually help you focus? Surprisingly, they may need simplification, too.

Focus. Choosing a few goals to work on, or lumping your goals into categories can help with overwhelm. Your list of current focus areas should be small enough to hold in your memory. Any time you begin to lose focus and lose your ability to wrap your head around what you want to focus on, get out a pen and paper and get it out of your head!

The Important. Simplify your goals by honing in on what is really important. Clear the clutter of what appears to be urgent, what you think you should do, or what other people are expecting of you.

These areas in which to simplify are all connected. Keep it simple by choosing one area to work on for the rest of the year.

How will you simplify this holiday season? [Click here to share.](#)



Elizabeth J. Agnew, MS, ACC
Integrative Leadership Strategies
415-401-7822
liz@integrative-leadership.com
www.integrative-leadership.com
P.O. Box 460515, San Francisco, CA 94110

Liz works with individuals and organizations in technical fields needing tailored leadership development that speaks their language. Liz has logged hundreds of hours coaching individuals from companies such as Jet Propulsion Laboratories, Google, HP, SETI, Lockheed Martin, VNUS and Sun Microsystems. Her background includes experience in adult education, team facilitation, and public speaking. She offers complimentary coaching consultations – call or email today to schedule yours.