Balance Campaign 2016 ~ Simplicity

"Simplicity is not the absence of clutter, that's a consequence of simplicity. Simplicity is somehow essentially describing the purpose and place of an object and product. The absence of clutter is just a clutter-free product. That's not simple"
~ Jonathan Ive

List the areas of your life and describe the purpose and value of each area - use as much detail as possible. Reflect on whether the purpose of each area is being met and where you are placing too much or too little value. Ask yourself how you can start to re-shift your focus, using small actions.

Area of life	**Purpose/value**	**Is this area currently being over or under valued?**	**Ways in which you can simplify or add value to this area of your life.**
Example: *Work*	*Personal creative outlet & contribute financially to the family*	*Time spent on work does not equal the financial & creative gain.*	*Re-prioritise work projects to reduce focus for better output. Switch off work mode (no phone/laptop) between 5-8pm to give kids full attention.*