

ELIMINATION

FREE UP YOUR LIFE BY ELIMINATING THE UNNECESSARY



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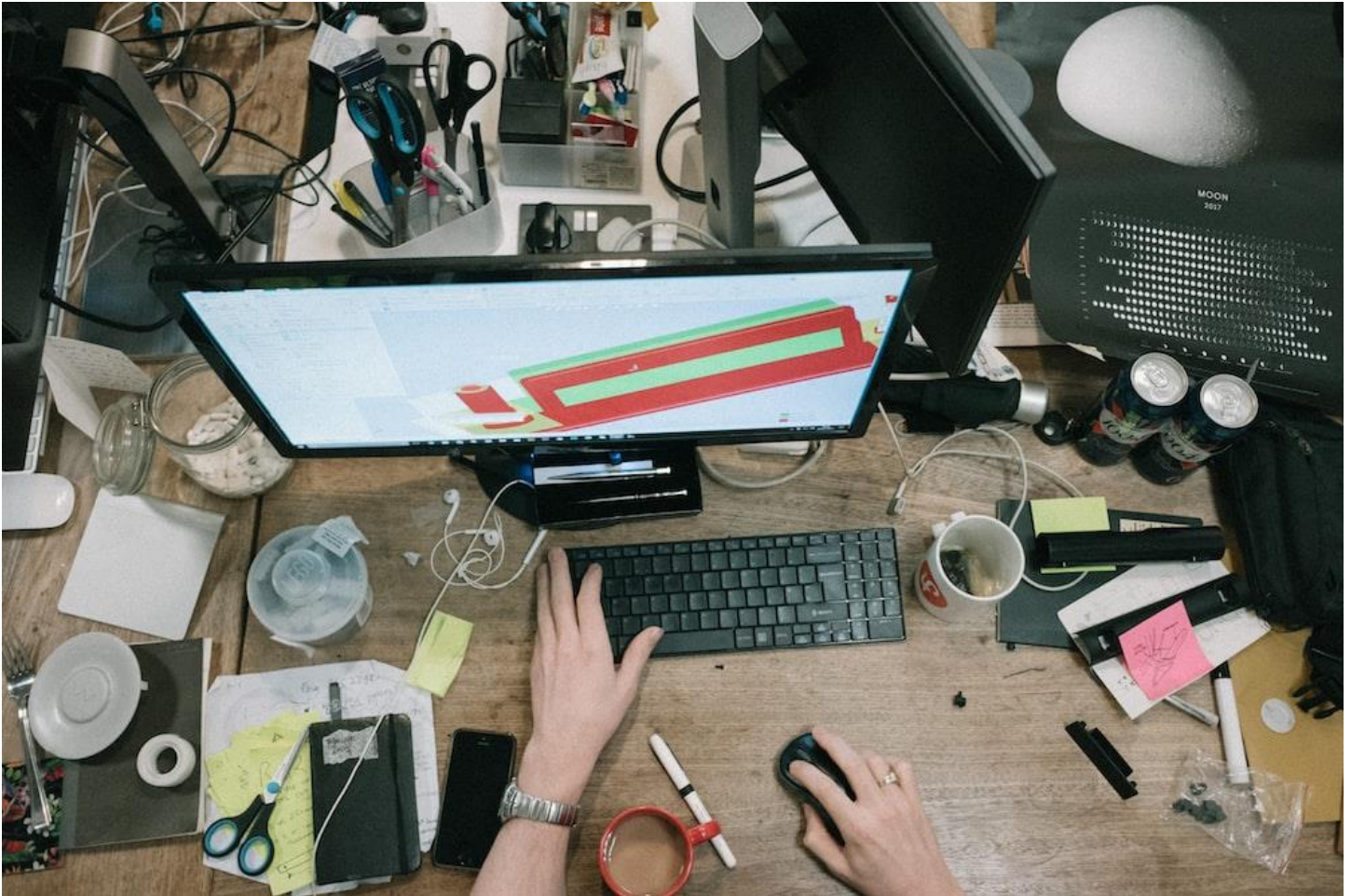
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Introduction



A 2018 survey by Pew Research Center shows that 60% of US adults felt they were often too busy to enjoy life. One out of eight said they felt this way all of the time. Another Pew Research study showed that just over half of Americans (52% to be precise) usually try to work on two or more things simultaneously.

College graduates often enter their working lives saddled with a lot of student loan debt. This is one of a few reasons 65% of students who graduate college said they find balancing their family/social lives and job responsibilities to be difficult.

A Gallup poll published in February 2022 tells us that 62% of Americans are unsatisfied with their lives. This is far from a US-only problem. Folks in the United Kingdom are not that rosy about their life pictures either. For the first time ever since the Office for National Statistics began tracking feelings of well-being in the UK, "Both life satisfaction and the feeling that things done in life are worthwhile have declined significantly." (2020)

What's the problem? Why do so many of us feel unfulfilled? It's not that we aren't busy. You're probably like most of us. You have a hectic and constantly moving life.

You're always in motion, but are some of those motions (or most) unnecessary? Could you make some simple changes in your life so you have more time to do the important things and spend less on unnecessary activities?

The answer is yes. You can implement a few practices into your schedule that give you more time to spend on meaningful, worthwhile pursuits.

This is important because a poll commissioned by H&R Block shows that the average American reported only having about 26 minutes of free time every week! That has led one in five workers to disregard their noncareer-based goals and objectives.

They've simply given up on the idea that they can pursue and achieve important things that are not work-related.

In our waking hours, we spend lots of time staring at monitors and displays. We are tethered to our smartphones and televisions. While enjoying the latest reality show or checking in on Facebook, we are continuously bombarded by marketing messages. Our attention is stretched so thin that even if we believe we're engaging in an activity we enjoy, we end up stressed out and feeling like we haven't accomplished anything worthwhile.

We end up doing things we "have to do" rather than "want to do."