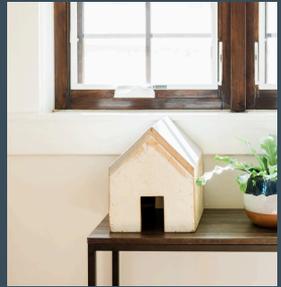
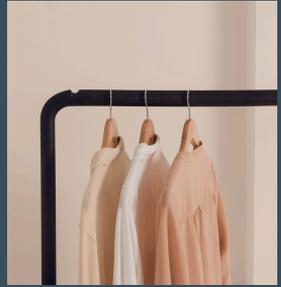


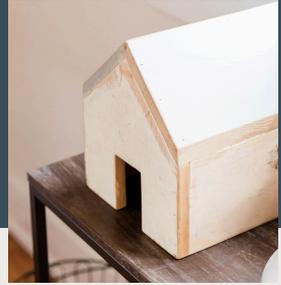
A HOW-TO GUIDE

# Letting Go, Living Lighter, and Choosing What Matters

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# Table of Contents



Introduction	02
Chapter One	03
Chapter Two	05
Chapter Three	06
Chapter Four	10

NICE TO MEET YOU!

# Hi! I'm Your Coach Courtney Hennis

Modern life is crowded. Not just with objects, but with expectations, noise, unfinished decisions, and habits we no longer question. Over time, this accumulation creates quiet pressure—mental, emotional, and physical.

Minimalism is not about owning nothing. It is about choosing deliberately. It asks you to look at what you carry, why you keep it, and whether it still earns its place in your life.

This workbook is designed to slow you down enough to notice. Through guided reflection and simple exercises, you will identify what adds weight and what creates space. The goal is not perfection or aesthetic order. The goal is clarity.

Letting go is not loss when it creates room for what matters.

By editing what surrounds you—and what fills your days—you begin to reclaim time, attention, and energy that have been quietly drained.

This is practical work. It requires honesty, consistency, and restraint. But the reward is measurable: fewer decisions, less noise, and a life shaped with intention rather than habit.



*-Courtney*

## CHAPTER ONE

# Understanding Simple Living

## What is simple living?

Simple living is the intentional practice of reducing excess so that time, energy, and attention are spent on what actually matters.

It is not minimalism as an aesthetic, and it is not deprivation. Simple living is a decision-making framework. You remove what is unnecessary—possessions, commitments, distractions, and habits—not to have less, but to live with greater clarity and agency.

At its core, simple living prioritizes sufficiency over accumulation. Enough, rather than more. It values margin in your schedule, limits on consumption, and alignment between your values and your daily choices. This often means fewer possessions, but more importantly it means fewer unconscious yeses.

Simple living also acknowledges tradeoffs. Choosing simplicity requires saying no to social pressure, convenience culture, and the idea that busyness equals worth. In exchange, it offers reduced overwhelm, greater focus, and a life that feels deliberate rather than reactive.

In practice, simple living looks different for each person. For some, it is decluttering a home. For others, it is simplifying finances, routines, digital inputs, or expectations. The common thread is restraint in service of meaning.

Simple living is not about escaping responsibility. It is about carrying only what is yours to carry.

## Important questions to ask:

1. Does this actually add value to my life? Not comfort. Not familiarity. Not "I might need it someday." Real value. This question cuts through emotional clutter, sunk costs, and social pressure. If something does not measurably improve your well-being, functioning, or sense of meaning, it is excess—even if it is socially approved excess.
2. What is this costing me? And not just financially. Time. Attention. Energy. Emotional bandwidth. Maintenance. Decision fatigue. Opportunity cost. Many things look harmless until you account for what they quietly extract. Simple living begins when you evaluate cost honestly instead of assuming it is negligible.



## CHAPTER ONE: UNDERSTANDING SIMPLE LIVING

**My journey towards simple living**

My journey toward simple living did not start with decluttering a closet—it began after loss forced me to reassess everything I carried. As a widow and a mother, my capacity changed, and I could no longer afford to keep things that looked fine on the outside but quietly drained me. I had to ask myself: Does this actually add value to my life? Comfort, habit, or “just in case” no longer counted. Only what supported my well-being, my presence, and my ability to show up for my daughters earned a place in my life.

The second question became just as important: What is this costing me? Not just money, but time, energy, and emotional bandwidth. Every commitment, possession, or habit had to justify itself. Simple living, for me, is not about having less—it is about protecting what matters most, creating space for healing, presence, and intention in a life shaped by responsibility, love, and loss.

**If I could start again...**

If I had to start again, I would begin by asking the hard questions first: What truly adds value to my life, and what quietly drains me? I would let go sooner of things, habits, and commitments that distracted me from presence and meaning. I would focus on the essentials—relationships, health, and clarity—before worrying about appearances or “what I might need someday.” Starting over wouldn’t be about perfection; it would be about choosing deliberately, every single day.

*Keep it simple. Do  
more of what you love.  
-Courtney*



## CHAPTER TWO

# The Benefits Of Decluttering

Living lighter is not about deprivation; it is about reclaiming what truly belongs to you—time, energy, and attention. When you reduce clutter in your environment, commitments, and mental load, you create margin in your life. This margin is the space where clarity, focus, and calm can actually exist. It allows you to notice what matters, rather than being swept along by habit or obligation.

Emotionally, living lighter eases overwhelm. Grief, responsibility, and the daily demands of life can make it feel like you are constantly carrying more than you should. Letting go of excess—whether it's physical, digital, or mental—reduces stress and decision fatigue. You begin to experience small but profound moments of relief, where life feels more manageable and less chaotic.

Physically, simplifying your environment and routines supports energy and presence. Fewer possessions mean less upkeep; fewer commitments mean more time for rest and replenishment. Living lighter often translates into clearer spaces, easier routines, and a stronger sense of control over your day-to-day life.

Living lighter also strengthens your relationships. When you are less distracted by excess and more intentional with your time and energy, you can show up more fully for the people who matter most. Presence replaces busyness, and quality of interaction replaces quantity.

Finally, living lighter fosters intentionality. It is a practice in making conscious choices, aligning your actions with your values, and prioritizing what gives life meaning.

Every item you keep, every commitment you accept, and every habit you maintain becomes a deliberate choice rather than a default. Over time, this creates a life that feels coherent, manageable, and deeply aligned with who you are and whom you want to be.

## CHAPTER THREE

# How To Tackle Decluttering

Decluttering begins with mindset, not a trash bag. Before touching anything, decide what matters most in your life and be honest about what is weighing you down. Start small—one drawer, one shelf, one category at a time—so the process feels manageable rather than overwhelming. Ask yourself the two core questions: Does this add value to my life, and what is it costing me? If the answer is unclear or leans toward drain rather than support, it's a signal to let it go.

Practical steps make the process easier. Set aside dedicated time, create categories for keep, donate, and discard, and remove items immediately rather than letting them linger. Be deliberate with commitments, digital clutter, and mental "stuff" just as you are with physical possessions. Decluttering isn't about perfection—it's about creating space, clarity, and intentionality in your life, one choice at a time.



CHAPTER THREE: HOW TO TACKLE DECLUTTERING

# Decluttering Checklist

- ✔ Start Small - Choose one area: a drawer, a shelf, or a digital folder.
- ✔ Ask the Core Questions - Does this add value? What is it costing me?
- ✔ Create Three Piles - Keep, Donate/Sell, Discard. Be decisive.
- ✔ Set a Time Limit - Work in focused blocks (20–30 minutes) to avoid fatigue
- ✔ Remove Immediately - Donate or discard items right away; don't let them linger.
- ✔ Evaluate Commitments - Review obligations, meetings, and recurring tasks for relevance.
- ✔ Assess Digital Clutter - Emails, files, apps, and social media—delete or archive what drains you.
- ✔ Reflect on Emotional Attachment - Let go of items kept out of guilt or obligation, not joy or use
- ✔ Celebrate Progress - Acknowledge the space you've created, no matter how small.



## CHAPTER THREE: HOW TO TACKLE DECLUTTERING

# Niche Decluttering Tips for Different Spaces in Your Home

Space in Your Home	One Task To Get You Started
Home Office	Digital Decluttering: Unsubscribe from ten unnecessary email lists and delete ten old files from your computer. Yep, just ten of each.
Bedroom	Clothing Decluttering: Identify clothes that you have already decided to donate and actually donate them!
Bathroom	Beauty Product Decluttering: Discard any expired make up and skincare products.
Kitchen	Appliance Decluttering: Get rid of at least one appliance that is nice to have but not used often.
Living Room	Media Decluttering: Sort through books, magazines, games and media and donate five of each type.
Garage	Tool Decluttering: Organise tools by function and get rid of any duplicates or broken items.
Storage Space	Memorabilia Decluttering: Make two piles. The first with items that hold significant sentimental value and the second with the remaining items. After one month, revisit the second pile and consider if it could be discarded.

**Move forward.  
Good things are  
up ahead.**

## CHAPTER FOUR

# Moving Towards Sustainable Living

## Why is this important?

Moving toward sustainable living is about more than reducing waste—it is about aligning your choices with the health of the planet and the future you want to leave behind. Every purchase, habit, and routine carries an impact, and choosing intentionally helps reduce unnecessary consumption.

Sustainability forces you to consider not just what adds value to your life, but what consequences your actions have beyond yourself. By living with awareness, you create a lifestyle that is not only lighter for you, but gentler on the world.

Sustainable living also reinforces the principles of simple living. When you slow down, prioritize quality over quantity, and consume less, you naturally reduce clutter, stress, and decision fatigue. It encourages mindfulness in everyday choices—food, energy, clothing, and travel—so that your life becomes a reflection of your values rather than default convenience. Over time, these small shifts build resilience, self-sufficiency, and a sense of responsibility that extends beyond your own home to your community and environment.



## Important questions to the people you share your home with:

- What do you truly need and value in this space?
- What feels like clutter or unnecessary stress to you?
- How can we create shared spaces that support everyone's well-being?



CHAPTER FOUR: SUSTAINABLE LIVING

# Sustainable Living in a Family Home



### Energy Efficiency

Reduce energy consumption by making changes to lighting, heating, and window treatments.



### Renewable Energy

Explore the use of renewable energy sources like solar panels and wind turbines.



### Smart Home Technology

As necessary, incorporate smart home technology to improve energy efficiency and reduce waste.



### Reduce and Reuse

Recycling can be a stressful enterprise, so make an effort to minimise waste and conserve resources.



### Composting

Start a compost pile or bin to turn organic waste into nutrient-rich soil for your garden.



### Semi-Zero Waste Living

A true zero waste lifestyle is unlikely, so do the best that you can to reduce your use of single-use items.



### Water Conservation

Implement water-saving measures in your home and reduce water waste.



### Grey Water Systems

If you own your home, consider installing a grey water system to reuse water from showers.



### Rainwater Harvesting

Collect rainwater to use for watering plants and other non-potable uses.

Letting Go, Living Lighter

**Live in the  
moment.**

