

ideas for how to spend more time together, create a family schedule that really works, or save money.

Talk with other families and friends about your decision to live more simply. Ask others about what has worked for them, what hasn't worked as well as they'd hoped.

It's all too easy to fall back into old habits—what's been normal—if you haven't told others you're making a change. It's okay to ask for help—help with ideas, help with saying no, help with accountability, help with sticking to your plan.

*“But encourage one another daily, as long as it is called Today...” Hebrews 3:13*

## **Y: You're going to need some help**

---

*“How?” is the question I hear more than any other as I talk to other women about the overwhelming complexities of our lives.”*

—from “Simple Abundance,” *Living Simply*, page 27

If you're just starting out on your journey toward living more simply, you're going to need some help. Change is not always easy—and it helps to have others around to talk things through, to give their opinions and insight, to keep you accountable.

And if you're including your family in this living simply process, it's going to help to have them on board. Talk together about what a simpler life might look like, dream together about what you hope the future will look like, explain the reasons behind decisions you make. As a family, brainstorm