

# NIKKI'S TIPS: MAKING LIFE BETTER WITH LESS...



## 1 DON'T TRY TO BE PERFECT ~ LESS STRESS

Trying to be perfect is exhausting. There is no such thing as a perfect person. However, please note that we are all trying to do our best. Best is very different than perfect. When you let go of trying to be perfect, you find ways to forgive yourself and move forward with growth and love for yourself and others. It's okay to be authentically you!

## 2 IT'S OKAY TO SAY NO ~ LESS COMMITMENT

There is nothing wrong with saying No. If you don't want to do something and it will not benefit you, why do it? Why put yourself out there when you don't have the time or the care to do it. Save yourself and commit to yourself first. Do you! Do what you want and need. You can not take care of others until you take care of yourself. Self-care is not selfish.

## 3 THROW AWAY ~ LESS STUFF

If you haven't used it, worn it, or looked at it in a year, you probably won't go forward. Having less usually means you'll find your things more efficiently, you will have less clutter, which makes it easier to clean. Some even feel that when you get rid of stuff, you let go of your past. Feeling less stuff can feel lighter and refreshing.

## 4 DRINK MORE WATER ~ LESS OTHER FLUIDS

More water... Most of us don't drink enough water. Our bodies are made of 60% water. That's a lot, and if you think about what that water does for our system, you should replenish it gratefully. Drink a glass of water 30 minutes before each meal and notice you may eat less. If you drink soda/beer/wine, try to replace one glass of soda with a glass of water... try it.

## 5 LOVE MORE ~ HATE LESS

Do you love enough? Have you ever sat down and written a list of everything you love. Are you grateful for the things you love, the people you love? Do you receive love as well as you give love? Every day, take a moment to think about everything you love to make you feel happier and more genuine.

## 6 SLEEP MORE ~ FEEL LESS STRESS

The body is designed to need rest. If you run a marathon, your body needs to rest. If you work an eight or twelve-hour shift, your body will need rest. If you exercise or clean the house, or mow the lawn, your body will need to rest. Take time to relax and feel less stress, and feel more recovery. Your body is working even when you're sleeping. Give it rest, and you will feel less stress.

## 7 EAT MORE FRUITS/VEGGIES ~ LESS PROCESSED

Eat more fruit and veggies, or crowd out as we health coaches call it. When you nourish your body with more veggies and fruits, you will have less room for cravings and poor choices. Filling your body with healthy options helps your body recover and work to its fullest potential.

## 8 ORGANIZE ONE SPACE ~ LESS CLUTTER

Organize one space at a time. We are often quick to try and multi-task, but some say that one job can be completed faster and more efficiently when focused on the task at hand. Remember, less clutter is easier to clean, easier to find your belongings, and you can spend more time doing what you love.

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