

A woman with blonde hair, wearing a pink and white floral dress, stands on a balcony with a black wrought-iron railing. She is holding a wine glass and looking out towards the left. The balcony is attached to a stone building with a red roof. The background shows a clear sky and some greenery.

A
Whole Year
OF SLOW

FIVE PROMPTS FOR
A LOVELIER AND
LESS HURRIED LIFE.

philosophy of leisure

The background of the entire page is a photograph of a bright, overcast sky with soft, diffused light. In the foreground, there are green, needle-like branches of a tree or shrub, possibly a cypress or similar, extending from the left and bottom edges towards the center. The overall mood is calm and serene.

A Whole Year OF SLOW



In this wonderful, crazy, busy world we live in, hurtling forward at an ever faster clip, with more and more choice for many of us, and more stress for most of us, we've reached an inflection point in the United States, and many other developed nations.

For the first time in generations, even before the pandemic struck, measures of health, happiness and statistical life expectancy have begun to drop, despite the fact we've become more productive, and often more prosperous, than we've ever been before.

Counterintuitively, the pursuit of being richer, smarter, faster, fitter, *better* has caused us to be less happy and less healthy.

There is an answer though, and it's in living more slowly and more aware.

Contrary to popular belief, that does not always mean dropping out, being any less successful or living more remotely. Living more slowly is about doing and having less, and letting go of the superfluous commitments we've collected along the way, so that we show up brilliantly for the important things, whether we are coupled or single, in the country or in the city, a fan of gardening or of golf, an executive or an artist.

Wherever you are, in whatever style you choose to live, applying these five principles will help you begin to have more calm, happiness, connection, health and success in your life:

01

Be where you are and accept what is.

Don't spend your days trying to control, or improve every area of your life. Acceptance is key in learning how to discard and stop chasing things which will only bolster self-esteem in the short term, or impress others, and, instead, learn to listen to what you truly want and need in your life to be unapologetically happy. Ironically, once you get better at this, you'll begin to grow organically, without even trying.

JOURNAL

What's one thing you've always struggled to accept about yourself, or your life? How could you love and embrace it right now?

02

Cultivate equanimity and calm.

More than a skill, this is a superpower. It quiets the mind, reduces stress and illness, teaches you to respond rather than react, assists in making more informed decisions, lessens the need for control, reduces unhealthy cravings, increases creativity and focus and is the underlying secret to living in the present. Who would you be with less worry, fear, anger or overthinking?

JOURNAL

First thing each morning, clear your mind of worry, anger and overthinking, by leaving it in your journal. No flow, or rhyme or reason needed, simply offload troubling thoughts, so they won't interfere with the business of the day.

03

Live below your means.

As our careers progress, and we earn more money, we're known for upgrading our lifestyles in the West. This robs us of freedom and of choices, and it forces us to work more and more hours to finance our lifestyle, rather than spending time on our health, connection, hobbies and dream projects. In upcoming newsletters I'll give you ideas on having a lovely lifestyle, no matter what your financial situation is, because it's very doable.

JOURNAL

What would your ideal, slow, no financial pressure lifestyle look like?

04

Have a single goal of living a quality life until you're 100 years old.

whole foods, making more gentle, sustainable exercise a part of your day, and managing your finances for long-term health and fulfillment. It turns your life from a sprint into a marathon, and reorders your priorities perfectly.

JOURNAL

What habits do you have now that don't support your one new objective? Which one can you stop doing immediately?

05

Spend your disposable income on experiences, rather than things.

Experiences leave long lasting memories, often shared, which deepen connections and continue to give joy throughout one's lifetime. Conversely, consumption is often done alone, and give only fleeting satisfaction in the moment.

JOURNAL

What are two of our favourite life experiences? What did you love about them? How often do they pop into your mind and make you smile?

As you begin practicing the first two items on the list, things that seemed so urgent before will suddenly begin to melt away, and the chaos of modern life will seem much more like happy, manageable activity, instead of trying to juggle 7 balls all of the time.

Over the next 12 months, our newsletter will focus on the latest research on slowing down, and ideas for applying this research to to your life. We'll cover the topics of mindset, money, success, health, connections and the important components that make up each. We'll also be

offering guides on how to live a lovelier, slower lifestyle, including buying and travel guides, to show you just how wonderful a sustainable, slow life can be.

Thank you for spending part of 2021 with us! We're so happy you're here.

*Warmly,
Gigi*