

The Simple Life Starter Kit



***For Boomers Ready to
Declutter, De-Stress, and Live
with More Peace After 60***

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Welcome

You've taken the first step toward a simpler, more peaceful life, and I'm delighted you're here. This pack was created to help boomers like you clear clutter, quiet the noise, and reconnect with what matters.

Inside, you'll find calming tools to help you:

- ☐ Declutter your home one step at a time
- ☐ Let go of the mental and emotional clutter
- ☐ Build peaceful, easy routines
- ☐ Reimagine what your "simple life" looks like
- ☐ And discover joy in everyday moments

Let's begin.

1. Quick-Start Declutter Checklist

"Start where you are. Use what you have. Do what you can."
— Arthur Ashe

Decluttering doesn't have to be a huge weekend project. You can start with just 10–15 minutes a day.

Create 3 Boxes before starting. Label the Boxes: 1) Sell, 2) Donate, and 3) Discard. Use this checklist as a gentle guide and pick one room to begin and finish it! Now, go to the next room, and so on...

Declutter 1 Thing a Day:

- ☐ One junk drawer
- ☐ Old receipts or bills
- ☐ Expired food in pantry
- ☐ Unused kitchen gadgets
- ☐ Extra towels or linens

- ☐ Old magazines/newspapers
- ☐ One shelf from the closet
- ☐ Duplicate or mismatched mugs
- ☐ Outdated medications
- ☐ Shoes you no longer wear
- ☐ Books you'll never read again
- ☐ One box from the attic or garage
- ☐ Worn-out cleaning supplies
- ☐ Unused or broken electronics
- ☐ One keepsake you're ready to release

Tip: Keep a donation box nearby as you go.

🔍 ♀ 2. “Let It Go” Journal Prompts

These prompts are designed to gently help you reflect, release, and re-center.

Pick one prompt per day or per week. Use a journal, notebook, or even a Word doc.

- What physical items in my home no longer serve me, and why am I still holding onto them?
- What do I need less of in my life right now?
- What part of my past am I ready to make peace with and release?
- What beliefs or stories do I carry that no longer support me?
- How would it feel to wake up with less clutter and more clarity?
- What’s something I’ve been tolerating that I can let go of today?

- In what areas of my life do I feel the most overwhelmed, and what can I simplify?
- What 3 things am I grateful for that bring me peace?
- What would “a simple, beautiful life” look like for me?
- What small act of self-care can I commit to this week?

3. Simple Morning Routine (10 Minutes or Less)

You don't need to start your day with hustle. You just need a moment of peace.

Try this 3-Step Morning Flow:

- Stretch & Breathe (2 minutes)
- Sit up slowly. Roll your shoulders. Take 3 deep breaths. Stretch your arms up and hold for 10 seconds.
- Gratitude Moment (2 minutes)

Write down 1 thing you're grateful for. It can be big ("I'm healthy") or small ("I had hot coffee").

Daily Intention (5 minutes)

Ask yourself: "What's one small thing I can do today to create peace or joy?" Write it down and keep it visible.

Optional: Play soft music, light a candle, or enjoy a quiet cup of tea.

4. Vision Map Template (Text Version)

Use this to define what simplicity means to you.

You can fill this out in a notebook or use Canva to make a digital version.

My Simple Life Vision Map

In My Home, I Want:

Less: _____

More: _____

In My Mind, I Need:

Less: _____

More: _____

In My Schedule, I Desire:

Less: _____

More: _____

This Year, I Will Let Go Of:

This Year, I Will Welcome In:

5. My Favorite Simple-Living Tools (Amazon Finds)

These are a few easy, low-cost items that can make a big difference:

- ☐ [**Gratitude Journal**](#) – A simple, undated journal to start and end your day positively
- ☐ [**Drawer Organizers**](#) – Great for bathroom, kitchen, or office drawers
- ☐ [**Donation Bags**](#) – Reusable, zippered bags to keep by the closet
- ☐ [**Digital Timer**](#) – Use the Pomodoro method (15 minutes on/5 off) to declutter in short bursts
- ☐ [**Soft Lighting Lamp**](#) – Creates a calming evening atmosphere
- ☐ [**Minimalist Wall Calendar**](#) – Helps you say “no” to overbooking and stay mindful of your time

Affiliate Disclosure: These are products I’ve personally used or researched. If you purchase through the links I share, I may earn a small commission, at no extra cost to you.

Final Thoughts

You don't need to fix everything overnight.

You don't need to be perfect.

You just need to start small, stay curious, and listen to what your heart is asking for.

You've already taken the first step, and that's more than most people ever do.

If you'd like help along the way, I'll be in your inbox each week with calming tips, blog posts, and new tools to support your simple life journey.

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