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**Simplicity is appreciating the small things in life.** It is freedom from **material desires** and **emotional desires** — permission to simply “**be.**”

Simplicity avoids waste, avoids value clashes complicated by peer pressure and a false sense of identity.

**Simple people**, or those who appear to live **easy-going** lives, are **relaxed, patient, and present in their everyday lives.** Do any of your friends or anyone you know fit into this category? Would you?

Simplifying our lives by having **fewer possessions allows us more time to enjoy what really matters in life.** Simplicity allows us to **recognize** the beauty in our surroundings. Living simply allows us to **slow down** and focus on **living with less stress** and more fulfillment. And, who doesn't want to do this?

The truth is that simplicity is almost always best because, when focusing on simplicity, our creative work becomes easier to understand, easier to recognize, easier to use, easier to expand upon, and easier to create. **Simplicity makes things easy.**

When we understand and appreciate simplicity, **we find a sense of joy and contentment that can never be taken away from us.** Having an **abundance** of “things” requires time and energy to maintain.

Simplifying our closets could mean that, every time we buy something new, we get rid of one piece of clothing.

**When things are simple, they are easier to learn and remember.** Simplicity focuses your message. When your messages are filled with **unnecessary** information, it **dilutes** your message and takes **attention away** from your key points. When your message is simple, it focuses attention on the important stuff.

