

1

**NOURISH MY SPIRIT**

What things give me the greatest joy?  
What makes me feel fulfilled, useful?  
When do I feel least joyful, least fulfilled?

# Less is More

## 5 STEPS TO REDEFINE MAKING A LIVING

2

**PUT MY MONEY WHERE MY VALUES ARE**

Do I spend money on things that don't bring me joy? Can I find less expensive ways to travel, exercise, entertain?

3

**BUILD RELATIONSHIPS AND SUPPORT MY COMMUNITY**

What can I share? What skills, services, products can I offer others? What opportunities do I have to barter and allow more people to operate outside the cash economy? Where can I connect with my community to create a safety net for myself and others?

4

**SAY ENOUGH IS ENOUGH**

How much do I need to meet basic needs?  
How much do I need beyond that to be happy? Can I meet any of those needs without spending money?

5

**DECIDE HOW MUCH JOB I REALLY NEED**

Can I work fewer hours? Can I share my job with someone else? Do I have enough freedom to make the job I've always wanted?

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