

## “Simplify Your Life” Book & Bible Study

The book, *Simplify Your Life: Get Organized and Stay that Way*, is divided into three sections: Simplify Your Time (chapters 1-5), Simplify Your Systems (chapters 6-9), and Simplify Special Seasons of Life (Chapters 10 -14). The first few weeks we will cover a chapter on time *AND* an organizing chapter so you can make changes right away.

The Bible Study focuses on the longest passage in the Bible on being a woman – Proverbs 31. Let God speak to you personally through this study.

<b>Class Dates</b>	<b>Homework will be Discussed After the Date Listed</b>
<input type="checkbox"/> _____ (Date) Wkbk pg. 1-18	<b>Week 1 – Simply Begin Your Journey &amp; System #1: Kitchen</b> Chapter 1–Simplifying Is a Personal Journey ( <i>Book pg. 1</i> ) Chapter 6 – Maximize Mealtimes ( <i>Book pg. 69</i> )
<input type="checkbox"/> _____ (Date) Wkbk pg. 19-24	<b>Week 2 – Simplify Your Planner &amp; System #2: Laundry &amp; Closet</b> Chapter 2 – Simplify Your Weekly Calendar ( <i>Book pg. 15</i> ) Chapter 7 – Lighten Up Laundry and Closets ( <i>Book pg. 81</i> )
<input type="checkbox"/> _____ (Date) Wkbk pg. 25-30	<b>Week 3 – Simplify Each Day &amp; System #3: Cleaning &amp; Clutter</b> Chapter 3 – Simplify Your Daily Schedule ( <i>Book pg. 27</i> ) Chapter 8 – Conquer Cleaning ( <i>Book pg. 93</i> )
<input type="checkbox"/> _____ (Date) Wkbk pg. 31-38	<b>Week 4 – Simplify Systems #4 and #5: Mail &amp; Projects</b> Chapter 4 – Your Personal Organizing Center ( <i>Book pg. 40</i> ) Chapter 9 – Power through Projects ( <i>Book pg. 106</i> )
<input type="checkbox"/> _____ (Date) Wkbk pg. 39-44	<b>Week 5 – Simply Organize Your Day &amp; Paperwork</b> Chapter 5 – Simplify Have a Great Day! ( <i>Book pg. 52</i> ) Chapter 10 – Simplify Your Worklife ( <i>Book pg. 121</i> )
<input type="checkbox"/> _____ (Date) Wkbk pg. 45-50	<b>Week 6 – Simply Influence Children Well &amp; Master Holidays</b> Chapter 11 – Simplify Your Parenting ( <i>Book pg. 136</i> ) Chapter 12 – Simplify the Holidays ( <i>Book pg. 148</i> )
<input type="checkbox"/> _____ (Date) Wkbk pg.51-End	<b>Week 7 – Simplify Transitions &amp; Your Next Steps</b> Chapter 13 – Simplify Your Transitions ( <i>Book pg. 163</i> ) Chapter 14 – Simply Put – You Can Do This! ( <i>Book pg. 179</i> )

In the 5-Day Homework for each week, check off the boxes as you complete them. Mark the page you are on with a paper clip or sticky note so you will always know what to do next. You will complete the entire study in 7 weeks just by staying on track. It’s simple!