

# Less Is More Activity & Reflection

## *Anchor*

An anchor offers protection from being sideswiped by the constant churn; in our case that is commerce or *more* stuff. Knowing that less is more is a life preserver in the ocean of excess. What have you learned about the value of less and the cost of more? When shiny things, sales, or obligations stare at you, begging you (which they will) to come closer, your belief that less is more reminds you to turn and walk away. Take a moment to anchor in the value of less if more.

## *Less Is More*

**WHAT:** What have you gained by having less?

**WHY:** To anchor the benefit of living with less.

**HOW:** Explain what “Less is more” means to you.

**TOOLS:** Writing utensil and paper, or computer or tablet.

**TASK:** Write a letter to yourself, the person who embarked on this journey.  
Express what it feels like to live with less today.

**TIME:** Twenty minutes.

## *Reflection Activity*

**WHAT:** Find one item, spot, room, or word to summarize your transformation.

In the space below, answer the reflection question.

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