It’s simply getting rid of things you do not use or need, leaving a clear, simple environment and a simple life. It’s living without an obsession with material things or an obsession with doing everything and doing too much. It’s using simple tools, having a simple wardrobe, carrying little and living lightly.

1. Face your goals.

Do you have a goal in life?

Do you have something important for you?

Whether your goals are great or small, their existence is indispensable.

If you have, Congratulations, your life will not be confused.

If you don't, it's not too late to start thinking now.

2. Review your time.

How do you spend your day?

In a hurry?

Or do nothing and muddle along?

If you're not busy now, you might as well spare five minutes.

Turn on the memory video recorder and review your life in the past.

3. Use mobile phones and computers properly.

Is your day filled with computers, mobile phones and other electronic devices?

Will you stay in bed and play with your mobile phone all day during the holidays?

Or are you still playing games in front of the computer in the middle of the night?

Are you tired of such a life?

If you already expect to change yourself.

Might as well summon up the courage to go out of the door. Although the outside world may not be as beautiful as the Internet, at least it is real.

Use your mobile phone properly and don't let your mobile phone and computer become your shackles.

Understanding reality through virtual reality is never more profound than real understanding.

4. Simplify your goals.

Are you also full of ambition?

Do you also aim at the world?

You are dazzling with lofty aspirations.

But before you are really strong, please learn to split and simplify your goals.

The nine story tower starts from the tired soil, and the journey of a thousand miles begins with a single step.

Start with small goals and pile them up one by one.

In the end, you will reach the height you expect.

5. Learn to refuse.

Rejection is a necessary means for us to protect our rights and interests.

Learn to refuse. Abusing good people is not a good quality. It will only bring you countless troubles and disputes.

It is your right to refuse when you are unwilling and do not violate morality.

When others are in trouble, we try our best to help.

But when something has bothered you or is beyond your ability, please make good use of your right to refuse.

Too much burden will eventually crush a person.

6. Law of life.

What time did you get up?

What time did you sleep again?

Your life is like a beautiful piano tune?

Or like loud and chaotic rock music?

There's an interesting saying.

People who don't get up early will never know that the morning in the city also has a different kind of beauty.

Want to feel this beauty?

Trust me, you'll love it.

1．正视你的目标。

你的人生是否有一个目标？

你是否有一些对你来说很重要的事？

无论你的目标是伟大，亦或微小，它们的存在，都是不可或缺的。

如果你有，那恭喜你，你的人生将不会迷茫。

如果你没有，现在开始思考，也不迟。

2．审视你的时间。

你是怎么度过你的一天的呢？

是匆匆忙忙火急火燎？

还是碌碌无为得过且过？

如果你现在不忙，那不妨抽出五分钟。

打开记忆的录像机，好好回顾一下往日自己的生活。

3．适当的使用手机和电脑。

你的一天是否被电脑手机等电子设备所充斥？

你是否会在假期时窝在床上玩一天的手机？

亦或者是生更半夜还熬在电脑前玩游戏？

你是否对这样的生活感到厌倦？

如果你已经期望改变自己了。

不妨鼓起勇气来，走出房门，虽然外面的世界可能不及网络那般美好，但至少它真实。

适当的使用手机，不要让手机电脑成为你的枷锁。

透过虚拟了解现实，永远不会比真实的体悟来的深刻。

4．简化你的目标。

你是否也踌躇满志？

是否也志在天下？

有远大志向的你是耀眼的。

但在你还未真正强大之前，也请你学会拆分化简你的目标。

九层之塔起于累土，千里之行始于足下。

从小目标开始，一个一个的堆积起来。

最后的最后，你一定会到达你所期望的高度。

5．学会拒绝。

拒绝是我们保护自己权益的一个必要手段。

学会拒绝，滥好人可不是一个好的品质，它只会为你带来数不尽的麻烦与纠纷。

在你不愿意，又不违背道德的情况下，拒绝，是你应有的权利。

他人遇到困境，我们尽己所能的伸出援手。

但当一些事情已经对你造成困扰，亦或者超出你的能力范围，也请你能善巧的利用你拒绝的权利。

过多的负担终会压垮一个人。

6．生活规律。

请问你是几点起床的呢？

又是几点睡的呢？

你的生活，是像一首曲调优美的钢琴曲？

还是像嘈杂混乱的摇滚乐？

有句话挺有意思。

没有早起的人，永远不会知道城市的清晨也有种别样的美感。

想要感受这种美感吗？

相信我，你会爱上它的。