

 FALL 2025 



SIMPLIFY YOUR HOME & LIFE IN 15 MINUTES OR LESS



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Live Simply: Home & Life

A COZY NOTE FROM AMBER



Fall always has a way of sneaking in with its crisp air, golden leaves, and the gentle nudge to reset. Between school schedules, holiday prep, and the everyday hustle, it's easy to feel like life is piling up faster than the leaves in the yard.

That's why this season, I wanted to keep things simple—really simple. This Mini-Magazine is all about finding little pockets of peace in your day. Each idea inside can be done in 15 minutes or less, whether it's clearing out a drawer, easing mental overload, or finally taming that digital clutter that makes your phone (and your brain!) feel so heavy. Think of it as your cozy fall reset—less about doing it all, and more about making space for what matters most.

And don't miss the link at the end of this magazine! It'll take you to a special email series where I'll share a fresh spin on decluttering—with even more doable tips to help simplify both your home and your life.

Here's to a simpler, lighter season ahead.

With warmth,
Amber


Simplify: Home





is all it takes.

When life feels overwhelming, starting small is the secret. You don't need to organize the whole house in a weekend.

Try these quick wins:

 *The junk drawer: Toss expired coupons, dried pens, and anything that doesn't belong.*

 *The linen shelf: Refold, remove what you don't use, and create space for the cozy fall blankets.*

 *The coffee station: Clear extra mugs, wipe down the surface, and keep only your favorites within reach.*

 *The desktop (real or digital): Recycle outdated papers or delete old files that clutter your screen.*



Inspiration:

Think of this like layering cozy fall sweaters—start with one, then another, and soon you've created warmth. One drawer at a time, one shelf at a time, your home becomes lighter, calmer, and more intentional.



Your challenge:

Pick a spot right now. Set a 15-minute timer. See how much lighter you feel when you're done.

Simplify: Home

Spotlight Project #1: The Entryway Drop Zone

15-Minute Fix:

Grab a basket or bin for “misplaced items.”
(Shoes, mail, random toys.)

Toss out obvious trash—junk mail, receipts, wrappers.

Hang only the coats you’re actually wearing this season—pack away the rest.

Designate one small spot for keys, wallet, or bag (a hook, dish, or tray)

Bonus Tip: Add a small seasonal touch (like a fall candle or tiny pumpkin) to instantly shift the mood from cluttered to welcoming.



Spotlight Project #2: The Coffee/Tea Station

15-Minute Fix:

Empty everything onto the counter.

Toss old coffee pods, expired tea, or chipped mugs.

Choose your favorite 2–3 mugs for daily use—store the rest elsewhere.

Wipe down the surface and put back only what sparks joy (coffee, tea, sweeteners, cozy fall spices).

Bonus Tip: Add a small tray or basket to corral items—it looks intentional, not cluttered.



Simplify: Mental



We don't just carry clutter in our homes—we carry it in our heads, too. The to-dos, reminders, and “don't forgets” can swirl around until they feel heavier than any messy drawer. The good news? Just 15 minutes is all it takes to create breathing room for your mind.

Try one of these quick resets:

The Brain Dump List

Grab a notebook and spend 15 minutes writing everything down—errands, appointments, even random thoughts. Getting it out of your head and onto paper brings instant relief.

Use a Planner or Template

Whether it's a paper planner or a digital template, setting aside 15 minutes to map out your week creates structure and peace of mind. Pro tip: keep it simple. You don't need fancy—just a format that works for you.

Plan Meals with Help

Spend 15 minutes planning dinners for the week. Even better? Use a tool like ChatGPT to generate a meal plan and grocery list in minutes—no overthinking required.

The Timer Trick

Set a timer for 15 minutes and focus on one mental task that's been weighing on you—like replying to a stack of emails or scheduling appointments. You'll be amazed at the lift you feel when it's done.



Simplify: Mental



Inspiration

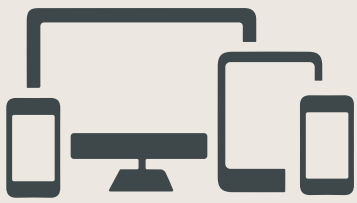
Clearing mental clutter isn't about doing it all—it's about creating space for what matters most. Just like tidying a drawer, a quick reset for your mind helps you feel lighter, calmer, and ready to enjoy the season.



Your challenge:

Pick one of the ideas above and set a 15-minute timer today. Notice how much mental weight you let go of in such a short time.





Simplify: Digital

Clutter doesn't just live in drawers and closets—it sneaks into our phones, computers, and even our bank accounts. The good news? A quick 15-minute reset can make your digital world feel lighter and more organized.

5 Quick Digital Declutters

Photo Clean-Up

Head into your cloud storage and pick one month (start with the current month at the end of your roll). Delete duplicates, screenshots you don't need, or blurry shots.

Clear Your Desktop

A cluttered desktop = a cluttered mind. Move files into folders or delete what you no longer need. Bonus: your computer will feel faster, too.

App Detox

Scroll through your phone and uninstall apps you haven't touched in months. Not only will you free up space—you'll also cut down on distractions.

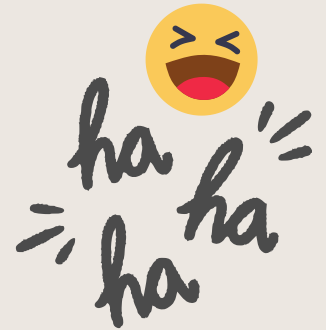
Subscription Review

Take 15 minutes to log into your bank account or app store and check your active subscriptions. Cancel anything you're no longer using—you'll thank yourself later.

iPhone Scan Hack

Need to save a document quickly? On iPhone, open the Notes app → tap the camera icon → choose Scan Document. It saves straight into Notes—no bulky scanner required.

Simplify: Digital



✧ Inspiration:

Just like your home, your digital space should support you—not overwhelm you. Start small, give yourself 15 minutes, and notice how much lighter you feel when your tech is tidy.

➤ Your challenge:

Pick one of these tasks today. Then treat yourself to a digital “deep breath”—less clutter, more calm.







READY TO TAKE THE NEXT STEP?

Simplifying your home and life doesn't have to be overwhelming—and it doesn't stop here. If you loved these quick 15-minute ideas, you'll want to join me for a special email series: *Live Simply: Home & Life*.

Inside, we'll dive deeper into practical ways to bring calm, clarity, and intention into your everyday routines.

Themes include:

-  Closet Swap Made Simple
-  Fall Décor With Intention
-  Letting Go Before the Holidays
-  Mental Load Lightener

And that's just the beginning—there's so much more to come as we continue to explore how to live simply, one step at a time.

How to Join:



Click [HERE](#) and you'll receive inspiration and practical tips right in your inbox. Think of it as your gentle guide to living simply—making space for what truly matters.