

A person is shown from the chest up, holding a large, flowing white fabric that billows out across the upper half of the image. The person's head is tilted back, and their arms are raised, holding the edges of the fabric. The background is a bright, cloudy sky. Below the fabric, there is a blurred view of green foliage and a mountain range in the distance.

Simplify

Clear the Way to Your Innate Wisdom

Renew your sense of self-awareness, simplicity and ease. Designed to offer you a glimpse into the transformative *Simplify* course, this free guide is your first step towards a more peaceful, purposeful way of being in every aspect of your life.

ELENA BROWER

Simplify is a course unlike any other. You are invited to recalibrate your schedule, align your values with your daily practices, release what isn't relevant, and bravely craft your future. Our world needs you to cultivate a clear mind of deep care. *Simplify* will help you streamline everything so you can focus on what truly matters to you.

Each Module has a purpose and a vision to help you release what's no longer serving, fortify what's truly working, and affirm yourself as a stabilizing force in your home, your community and your own being.

Distilled from more than two decades of study, writing, mentoring, art-making, founding businesses, raising a child and sorting through inevitable failures and mis-steps, *Simplify* delivers a fresh look at how you can prioritize your energy, craft conscious habits, and refine your attitudes so you can proceed in your life with gentleness, creativity, and precision.

Whether you're a householder, a creative, a professional, in transition or on an adventure in your life right now, *Simplify* is a foundational collection of teachings to help you ground, calibrate and create with confidence. When you're ready to come into harmony with yourself, this course will offer concrete practices and tools to steady yourself and remind you of who you are.

Experience the clarity that comes with purposeful living and structured planning.

Day 1: Structuring Your Life

Prompt

What does an easeful, smooth day feel like to me in this season? Where will my energy go, what will I do with my mornings, and how will it feel to finish my day?

Exercise

Take an honest, non-judgmental look at your current schedule. Identify areas where you can refine your priorities and install more creativity to align with what's true in this season of your life.

Actionable Task

Rearrange your schedule for one day to prioritize your most important tasks and incorporate moments of creativity.

Reminder

Set a reminder to review your schedule at the end of the day and reflect on how the changes impacted your productivity and mood.

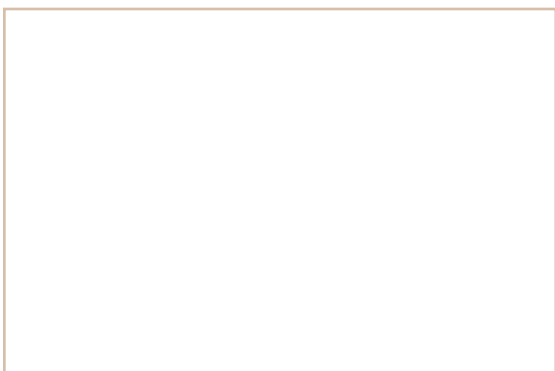
“When I show up for myself, I inspire others to show up for themselves.”

Unlock the freedom that comes from empathizing with and loving yourself.

Day 2: Embracing Self-Empathy

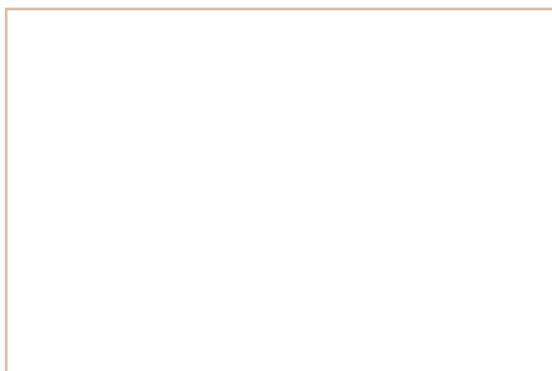
Prompt

Considering a time or a moment that I associate with freedom, what does it feel like in my body? What can I sense, hear, see, taste?



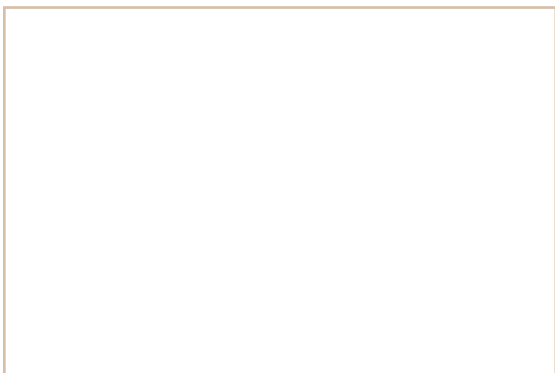
Exercise

Reflect on self-empathy and recognize areas where you can grant yourself more freedom.



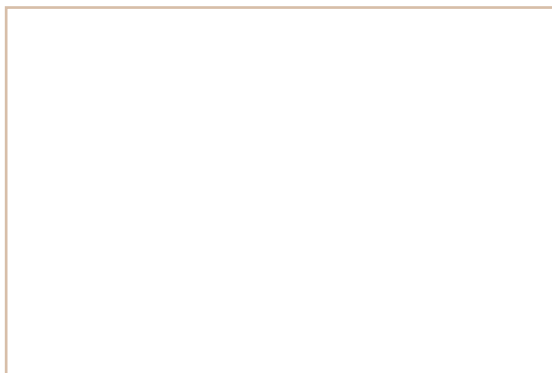
Actionable Task

Write a compassionate letter to yourself, acknowledging your strengths and areas where you need to give yourself more freedom.



Reminder

Set a reminder to reread your letter at the end of the week and note any changes in your self-perception.



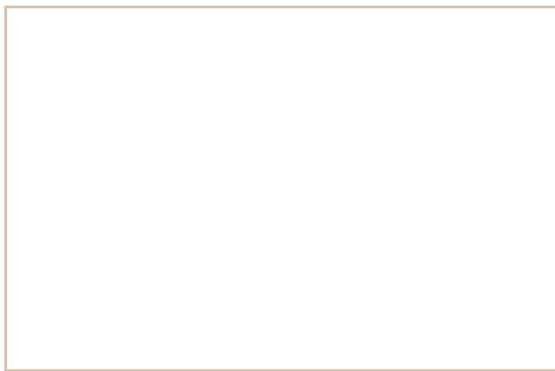
“What’s the story I’m telling myself about what’s holding me back? Is it true?”

Transform your mindset to create a positive daily experience.

Day 3: Designing Your Attitude

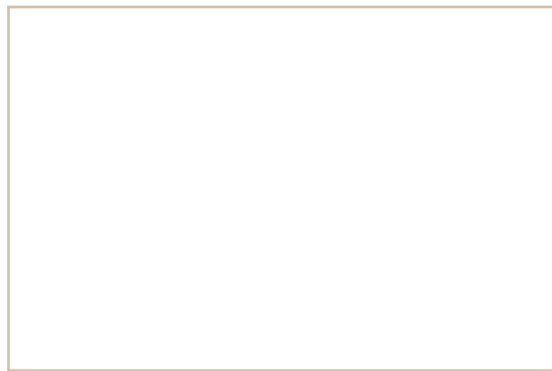
Prompt

What attitude am I designing for this day?
For this moment?



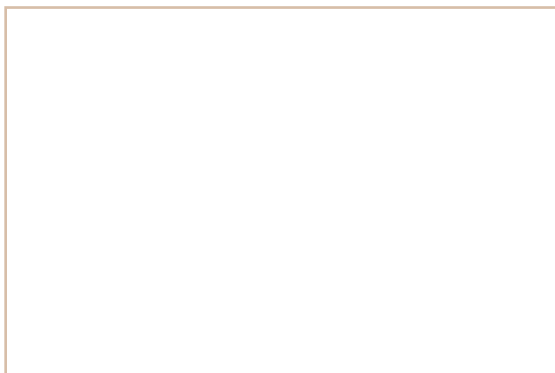
Exercise

Reflect on the attitudes you bring to different situations and how they shape your experiences. Set a positive and intentional attitude for the day, considering how you want to approach your tasks, interactions, and challenges.



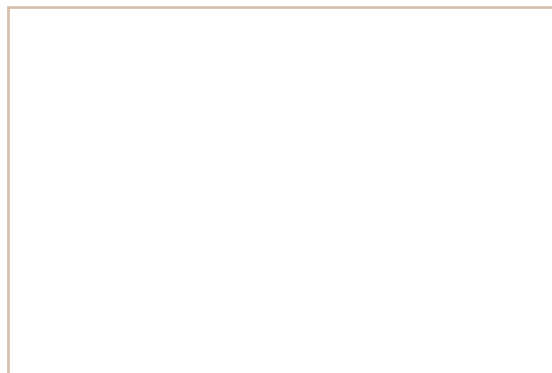
Actionable Task

Choose a positive affirmation or statement that resonates with you and repeat it throughout the day.



Reminder

Set a reminder to check in with yourself midday to assess how your attitude is affecting your day.



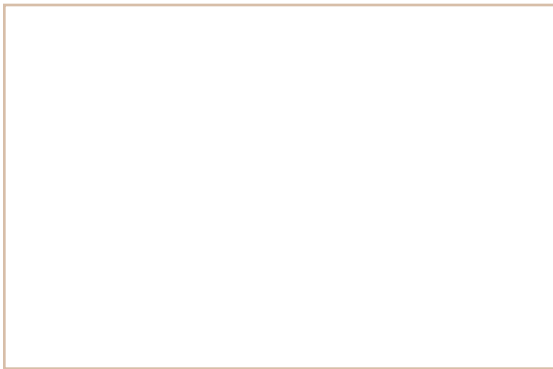
“Am I creating a bunch of tasks or extraordinary outcomes?”

Gain control over your emotional responses and foster inner peace.

Day 4: Understanding Triggers

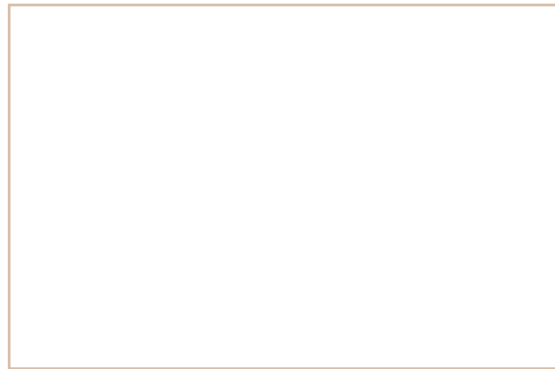
Prompt

What current triggers seem to be stopping me from choosing my state?



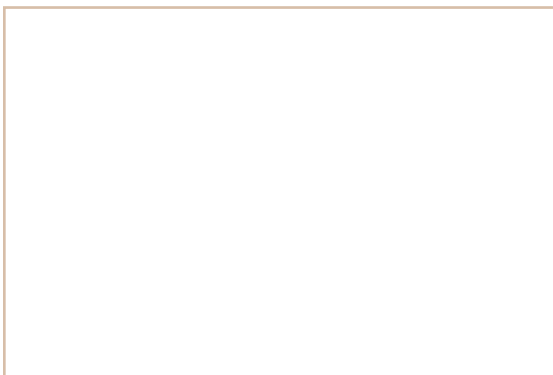
Exercise

Map out specific triggers and explore the thoughts, emotions, and behaviors they provoke. Reflect on why these triggers affect you and consider strategies to manage your responses.



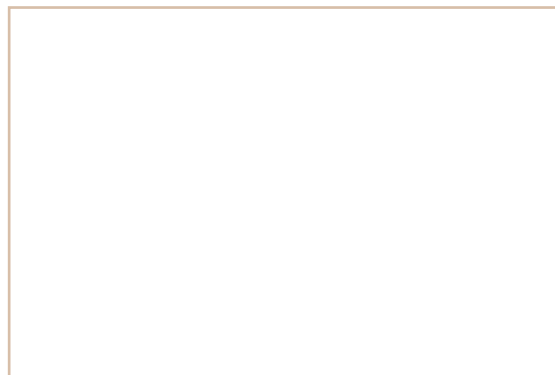
Actionable Task

Choose one trigger and develop a plan to handle it differently the next time it occurs. Write down your plan and commit to practicing it.



Reminder

Set a reminder on your phone or calendar to revisit your plan and check your progress in managing your experience.



“What does stillness mean to me today?
Can my stillness contribute to the sanity of the world?”

Build resilience by connecting with your passions and strengths.

Day 5: Creating for Resilience

Prompt

What do I most love to do? What do I love so much I could do it all day without being tired or bored?

Exercise

Reflect on past creations, and contemplate the forces that led to those creations, in order to build resilience. Consider how you want to approach your tasks, interactions, and challenges.

Actionable Task

Schedule time to engage in an activity you love and reflect on how it energizes you.

Reminder

Set a reminder to reflect on how engaging in your passion impacts your resilience at the end of the day.

“What do I aim to achieve or accomplish?
How will this lead to more freedom for me?”

Find balance and flow by integrating your experiences with patience and care.

Day 6: Exploring Your Growth

Prompt

In what realm of my life have I synthesized my experiences in order to create a new paradigm for myself?

Exercise

Write about your perceived failures and how they've led to new understanding and growth in various areas of life.

Actionable Task

Identify a recent challenge and write down what you learned from it. How can you apply this learning to future situations?

Reminder

Set a reminder to revisit your reflections on growth in a week and note any progress or new insights.

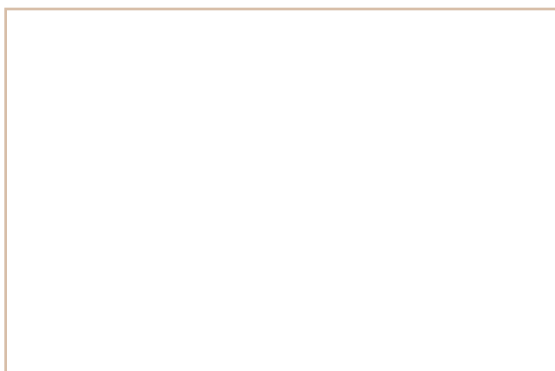
“I’m here to champion myself and those with whom I’m in contact.
I am both grateful and ambitious. I commit to making failure my fuel.”

Celebrate your bravery and let it inspire your journey forward.

Day 7: Embracing Bravery

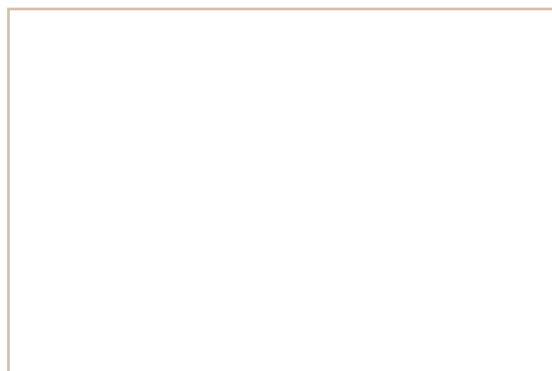
Prompt

Here are three to five ways in which you've been brave in your life. No incidence of bravery is too small for this list. Commit to reading this list aloud in order to bathe in these examples of your bravery.



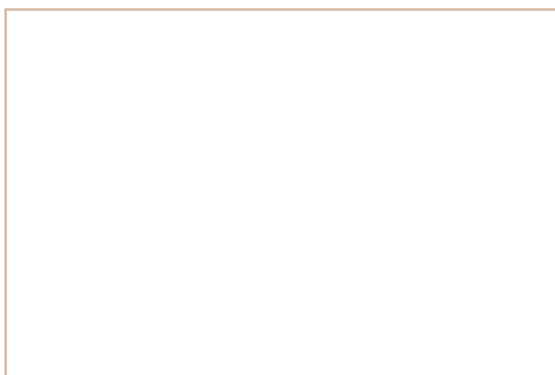
Exercise

Reflect on acts of bravery and how they have shaped your personal growth and courage.



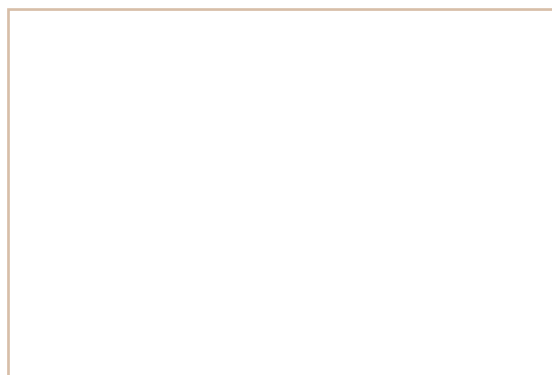
Actionable Task

Share one of your acts of bravery with a friend or loved one and discuss how it impacted you.



Reminder

Set a reminder to acknowledge your bravery once daily and use it as a source of strength and inspiration.



“In limits, there is freedom.
Creativity thrives within the structures I create.”

SIMPLIFY

Simplify invites you to become more attuned, adaptable, and innovative in all you create.

This course is dedicated to a shift in perspective: feeling more agency in your life, more clarity in your process and more contentment in your heart.

For more info visit:

elenabrower.com/simplify



Left and cover:
Elena Brower in Santa Fe photographed by DJ Pierce

ELENABROWER.COM/SIMPLIFY

1. Structure Structure, preparation, care and attention are key to your creativity. Seeing all you do as your art. Addressing your calendar first to refine your priorities and time.
2. Freedom What ideas, activities, opinions or stories might you need to release in order to feel free? Implementing practices of self-empathy for safe expansion.
3. Design The importance of designing your attitude, your ecosystem, your sustenance. Recognition of your reality, and a re-calibration of your financial foundations.
4. Awareness Awareness as curiosity; creating a field of resilience and choosing your state. On building endurance. The emptiness as generative force, the foundation for creation.
5. Fluency On your synthesis and integration of perceived mistakes. Fluency as a continuum. Stabilizing your attention. Creating an open space for your vast mind to appear in times of challenge.
6. Bravery Re-contextualizing bravery as a lesson in stillness. Redefining leisure. Ceasing the pursuit of degrading situations. Listening as a means of enhancing your coherence.