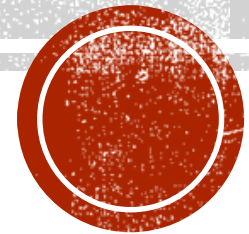


# THE FRICTIONLESS MANIFESTO

Live Simpler, Reduce Friction & Live Better



by Carl Phillips  
([frictionlessliving.net](http://frictionlessliving.net))

# CONTENTS

2

Page 3 - Live Simpler

Page 6 - Reduce Friction

Page 9 - Live Better

Page 12 - The Road Ahead & What Next (A Call to Action)

Page 17 - About Frictionless Living

Page 18 - About the Author

Page 19 - Books by the Author



***“SIMPLICITY IS THE KEY TO BRILLIANCE”***

***– BRUCE LEE***

# LIVE SIMPLER

## What It Is?

- Living simpler is an intentional choice to simplify our lives.
- To live with less but appreciate more.
- To create space in our lives so we can enjoy more.
- To get in tune with ourselves, our goals and aspirations.

# LIVE SIMPLER

## **The Benefits**

The benefits of living simpler are many but can mean:

- Less stress
- Less complexity and clutter
- More freedom
- More choice
- More time to do what we want to do (hobbies, passion projects etc)
- More time to spend with those we care about

6

***“IN ORDER TO SEEK ONE’S OWN DIRECTION,  
ONE MUST SIMPLIFY THE MECHANICS OF  
ORDINARY, EVERYDAY LIVING”***

***– PLATO***

# REDUCE FRICTION

## What It Is?

We all encounter friction in our lives.

- Things that get in the way of what we'd really rather be doing with our time.
- Things that we wish we could either simplify or get rid of completely.
- Reducing friction means we remove distractions.
- It means we focus on the important and discard the unimportant.

# REDUCE FRICTION

## The Benefits

The benefits of reducing friction include:

- Less distraction
- More focus
- Less hurdles to navigate
- Less excuses not to follow our passion
- More reasons to follow our passion
- Less noise and confusion in our lives
- More time to do what we want to do
- More time to spend with those we care about





***“KNOWING OTHERS IS INTELLIGENCE;  
KNOWING YOURSELF IS TRUE WISDOM”***

***– LAO TZU***

# LIVE BETTER

## What It Is?

*'Living better'* is of course a broad term.

- We often lose sight of what this would even mean in our own lives or how we might actually make it happen.
- Living better requires us to identify what it is that is truly important to us in our lives.

# LIVE BETTER

## The Benefits

The benefits of living better include:

- A life more on our terms
- A life filled with amazing people we care about
- More chance of turning our dreams into our reality
- A life filled with giving and creating
- A life filled with gratitude



***“KNOWING IS NOT ENOUGH, WE MUST APPLY.  
WILLING IS NOT ENOUGH, WE MUST DO.”***

**- BRUCE LEE**

# THE ROAD AHEAD & WHAT NEXT (A CALL TO ACTION)

- This short manifesto is not telling you anything you don't already know deep down.
- You may have lost sight of some of the areas covered but there is nothing new here.
- What this manifesto should be is a **call to arms**.
- A call to start trying to **make tomorrow better than today**.
- A call to **make now as good as it can be**.

# THE ROAD AHEAD & WHAT NEXT (A CALL TO ACTION)

- A call to **start taking your own dreams seriously.**
- A call to think seriously about **how** you spend your time.
- A call to think seriously about **who** you spend time with.
- A call to **live a life less ordinary.**
- A call to **live a life more on your terms.**

# THE ROAD AHEAD & WHAT NEXT (A CALL TO ACTION)

- A call to recognise the **beauty and power of less** and discard the more is better mind-set.
- A call to **give back and be of service**
- A call to **live simpler**
- A call to make your life as ***frictionless*** as you can



***“DO NOTHING WHICH IS OF NO USE”.***

**MIYAMOTO MUSASHI**



# ABOUT FRICTIONLESS LIVING

## What is Frictionless Living all about?

Frictionless Living is dedicated to identifying and recognising how we can all embrace a little simplicity and creative thinking to make life richer and more rewarding.

## The Frictionless Mission

The site's mission is to help you:

- **live simpler** (to *live better*)
- **reduce friction and distraction**
- **live more on your own terms**

At the heart of it all is the constant quest to ***cut out that which does not matter so we can make space for those things that do matter to us in our lives.***

It is my hope to create something on the site that will be of value to you in your own journeys so please pay a visit at [www.frictionlessliving.net](http://www.frictionlessliving.net).

# ABOUT THE AUTHOR

Carl is the proud owner of [www.frictionlessliving.net](http://www.frictionlessliving.net) with an interest and passion for (amongst other things):

- Simplicity, Lifestyle Design and Self Improvement
- Fitness and Health
- Music and Playing Guitar
- Wildlife (in particular the big cats)
- Travel and generally making the most of life

You can find out more and reach him at his blog ([www.frictionlessliving.net](http://www.frictionlessliving.net)).

# BOOKS BY THE AUTHOR

- 22 Ways to Simpler Living
- The Frictionless Lifestyle (*Reset Your Compass & Live a Life Less Ordinary*)
- Frictionless Email (*Simple Ways to Inbox Zero*)

