

“I did this over 10 months, people are reading it in 2 days. I had the luxury of time to dream and pray and work it out. This is kind of fire-hose ingestion for these readers.”

—Jen Hatmaker, *7: An Experimental Mutiny Against Excess*

7 Easy Ways to Begin Your Own Personal Mutiny Against Excess

1. **Take trash bags and go through your house and purge.** You see immediate results and confirmation that you do have excess in your home.

2. **Freeze spending**—do not buy anything you don’t need (clothes, shoes, whatever). This stops the hemorrhaging so you can get a handle on the waste.

3. **Pick one item you buy regularly, and go without it for a month.** Reallocate the savings. (One reader went without soda, calculated the savings at \$34 a month, which turned out to be the exact amount needed to sponsor a Compassion child.)

4. **Help others in need.** Call the counselor at the poorest school in your city and ask if he/she has a student or family with specific needs you might be able to meet.

5. **Put a "cell phone bowl" near your front door** with this sign: "Be with the ones who are here." Ask family members and guests to leave their phones there as they enter.

6. **Commit to eating the food you already have as well as all leftovers** for two weeks. This throws a wrench in the waste machine, you have a lot of what you need already, and we (myself included) just add on top of it. We often have a freezer full and then exclaim, “I don’t have anything to cook!”

7. **Declare "screen free days" for your family:** Pick two days with no TV, gaming, computers, phone apps, and games. Intentionally fill that space with time together.