

the
**MINIMALIST
LIFESTYLE**

CHECKLIST

Adopting a minimalistic lifestyle is a great way to reduce the amount of clutter, stress and financial strain that is currently plaguing you and your family. When you remember what's important and get back to basics, you rediscover how simple and how enjoyable life can really be.

We've looked at this in depth in the full ebook, now it's time to put it into practice. This checklist will help you get there...

Reduce Clutter

- A good place to start is with your immediate surroundings. Reduce clutter in your home by:
 - Cutting down on 60% of the ornaments you have on display in order to make your home look more spacious and in order to make tidying much easier.
 - Removing boxes that are under beds and on top of wardrobes.
 - Throwing boxes away if you haven't been in them in the last 3 months.
 - Choosing minimal furniture and other items. Form is function.

Simplify Processes

We've already seen how introducing a few simple systems into your life can save you time and help you to streamline your life. At the same time, you also need to think about how you can simplify processes like your journey to work and the way you work in the office.

- Very important is to clear your computer and get it to run smoothly and quickly as well!

- Use in trays to organize documents
- Go paperless where possible

Make Lists

Lists can help you to simplify and enjoy life more.

- Write a list of all the things you're grateful for. Add 3 things every night.
- Write a list of all the things you want to do that are free or that you can do with items you already have. Use this the next time you think you need to spend money on something!

Maintain the Reduction

Maintaining the reduction in items means staying strong and keeping your home that bit more empty. The key is to resist powerful and tempting marketing. You can do this by:

- Taking some time out to think on it before making any purchasing decision
- Making a 'one in, one out' rule. To buy anything new, you must first discard something old.

Reduce Commitments

Going more minimal also means reducing the amount of rushing around you're doing. You do this by:

- Moving closer to family and friends

- Cancelling regular commitments you don't get a lot of enjoyment out of
- Learning to say 'no' a bit more often.
- Create a calendar including some 'me time' and treat that as just as important as any other appointment.

Minimize Expenses

Spending a fortune every month is going to increase your stress and make it harder to settle into that minimalistic calm. Find some ways then that you can minimize your expenses and start living on a smaller salary.

This might mean:

- Moving into a smaller home
- Reducing unnecessary expenses like Netflix or Spotify
- Enjoying more free activities
- Learning to be more self-sufficient – growing your own fruit and vegetables for example and using solar panels to power your home
- Writing out a budget and knowing just what you need precisely in order to have a very happy and fulfilled lifestyle

Mindset Shift

The most important part of cultivating a minimalistic lifestyle is to change the way you think about success and about items.

- This means identifying a single goal for your life and learning what's really important to you. For some, it will be spending time with friends and family. For others, it will be making music.
- Whatever your passion, this is what your life is about. The rest is just a distraction. So you don't need that new sound system, those fancy clothes or anything else. Instead, you need to place fewer demands on yourself, so that you have more time, energy and resources to enjoy the things you really love.
- Most importantly of all, it means developing a gratitude attitude. That means learning to appreciate and respect the things you have, instead of always feeling that need to keep adding more.
- Employ these changes and you'll be well on your way to creating a highly sustainable, minimalistic lifestyle. And the rewards will speak for themselves!