



the
MINIMALIST
LIFESTYLE

RESOURCE CHEAT SHEET

Ready to start living a more minimalist lifestyle?

Then it's time to start putting into action all of the things that we discussed in the full ebook. This resource cheat sheet will help you to do that by providing useful resources that will add to your understanding and help you to go even further on your journey...

Books

The Four Hour Workweek

The Four Hour Workweek is a book by author Tim Ferriss. Here, Tim discusses all of the different strategies and tricks you can use to reduce the amount of time you spend working – eventually down to no more than four hours a week! A lot of the tips in this book are aimed at the self-employed but actually anyone can benefit from the text and you should learn how to arrange a home-working set-up, while also reducing the time you spend answering emails (communication overhead) and even outsourcing some of your mundane tasks to other people like virtual assistants!

It's a great book that introduced the world to the idea of 'Lifestyle Design'.

Vagabonding

Vagabonding is a book by author Rolf Potts. This is the book that reportedly inspired Tim Ferriss in his own text and the idea behind it was to promote the aim of making travel the main goal in life. It explains how to 'take mini vacations' and to live with less so that you can enjoy a more fulfilling lifestyle. It's a great book and one that can open your eyes to different ways of living, even if you don't choose to travel as much!

How to Save an Hour Ever Day

How to Save an Hour Ever Day is another book, this time from author Michael Heppell. The central conceit is really very simple: you are going to save one hour, every day!

You do this by reducing the number of commitments you have, by reducing clutter (sounding familiar?) and by introducing numerous time-saving systems. When you do all that, the few minutes you save here and there can add up to a whole extra hour on the couch, with the kids or in the gym!

The Life-Changing Magic of Tidying Up

This is a book that took the world by storm and really changed the way many people think about tidying. It's gone from boring necessity, to a powerful tool that you can use to really transform your happiness!

The concept here is all about tidying so that you can make your home cleaner and more enjoyable to spend time in – and the tips that she uses are very brutal to the point that even the biggest hoarder and most untidy person should be able to see the transformation in their own homes!

Articles

8 Lessons Our Editor Learned from the Decluttering Bible

<https://www.onekinglane.com/live-love-home/marie-kondo-book-declutter/>

If you don't have time to read Kondo's book, then this article will break down all of the key points into an easy-to-follow, easily-digestible guide. There's more in the full text of course but this is a great starting point!

Minimal Design: How to Design More With Less

<https://designshack.net/articles/layouts/minimal-design-how-to-design-more-with-less/>

This post is all about minimal design. After all, the world of design is what introduced us to minimalism and this is still where most of the key rules

come from. Read this guide for a fuller understanding of what 'minimal' really means.

Free Energy Saving Tips

<https://www.uswitch.com/energy-saving/guides/free-energy-saving-tips/>

This is one of the better lists of 'energy saving tips' from the bill-switching company U-Switch. This guide will provide a lot of different ways you can save money by reducing your energy bill.

How to Adopt a Minimalist Lifestyle and Mentality: Four Steps to Simplifying

<http://www.simplelivingandtravel.com/adopting-a-minimalist-lifestyle-and-mentality-four-steps-to-simplifying/>

This guide explains the concept of minimalism in a great way and provides four tips to help you get started. The best part of this guide is that it also looks at the higher-level concepts. This post acknowledges that it's not just about reducing clutter but also about learning how to change the way you *think* about minimalism.

7 Strange Questions That Help You Find Your Life Purpose

<https://markmanson.net/life-purpose>

We've discussed the idea of purpose in the main ebook. Essentially, by knowing what your purpose is and what you really want to get out of life, you will be better poised to achieve those things rather than being distracted by unnecessary expenses or clutter. This post helps you find your purpose with 7 questions designed to help you change the way you think.

Websites

The Smart Passive Income Blog

www.smartpassiveincome.com

This isn't a blog about minimalism, rather it is a blog about earning your living online. Why? Because this is a lifestyle shift that will help you to be *massively* more minimal. We've seen how moving to a smaller home can help you increase your wealth for example by reducing your overheads. Well, by earning money online you'll be free to live anywhere. AND you'll cut down on expenses!

Self Sufficient-ish

<http://www.selfsufficientish.com/main/>

This is a great blog all about being self-sufficient in an urban environment. In all honesty, most of us don't have the luxury of being able to move to a farm somewhere and live off the land. This is a great website then that will provide you with plenty of tips on how to be more self-sufficient that are very practical and realistic.

The Minimalists

<http://www.theminimalists.com/>

This is a great blog from two writers who love the minimalist lifestyle. They have been featured on TV and their blog itself features a very minimalist black and white design. A great place to get some inspiration and ideas and also just a good read!

Pinterest

www.pinterest.com

Don't forget Pinterest though! Pinterest is of course a website where anyone can upload images they've found online or created themselves to

'boards'. These act like collages/mood boards and are a fantastic way to get good ideas for your own minimalistic living.

Just look for a minimal design board, or a minimal décor board and you'll find that you get *tons* of excellent ideas that you can put into practice right away!