

# practical minimalism

## 101

EASY WAYS TO START LIVING A SIMPLER, MORE INTENTIONAL LIFE



### know your priorities

Minimalism is about making space for the stuff that truly adds value to your life. What 3-6 things are most important to you?



### stop overcommitting

Your time is precious! Which of your current commitments align with your priorities and which do you keep up out of obligation?



### get rid of clutter

Physical clutter has a big negative impact on our stress levels. Give your living space a good detox every couple of months.



### don't aim for 24/7 productivity

Stop trying to fill every waking minute of your day with something productive. Allow yourself at least 2 daily hours to recharge.



### tend your mind like a garden

Your mental space deserves just as much attention as your living space. Practice mindfulness and give meditation a go, too!



### buy less

Try to be a little more mindful of what you introduce into your life. Spend more on experiences than things. They last longer!



### unsubscribe

Information overload dilutes our attention and drains energy. Focus on a few favourite sources and unsubscribe from the rest.



### turn off notifications

Social media and email notifications keep us in a constant distracted state by creating a false sense of urgency. Turn them off!



### single-task

Multi-tasking is a huge energy zapper and also not very efficient. Try this instead: One task at a time, with a break every hour.