

# How to Incorporate Minimalism

Here are 30 different ways to exercise minimalism every day



- ☐ Stay "offline" for the day
- ☐ Meditate for 20 minutes
- ☐ Clean out your digital platforms
- ☐ A day of no complaining
- ☐ Narrow down to 3-5 priorities
- ☐ Take part in a morning ritual
- ☐ Refine your reading list
- ☐ Find peace and enjoyment in moments of solitude
- ☐ Simplify your beauty regime
- ☐ Refrain from emails and social media for half the day (after lunch!)
- ☐ Re-asses your commitments
- ☐ Clarify your goals for the whole year
- ☐ Organize your closet
- ☐ Choose a new skill to learn
- ☐ Consider your everyday habits - what's helpful, what's NOT helpful
- ☐ Refrain from buying anything for a whole day
- ☐ Focus on one task at a time
- ☐ Unfollow/unfriend - declutter your social media

- ☐ Take a leisure stroll outside
- ☐ Choose reading instead of TV for the whole day
- ☐ Jot down notes and thoughts in a journal for half an hour
- ☐ Practice a soothing bedtime routine
- ☐ Choose to wear no makeup for the day
- ☐ Exercise gratitude
- ☐ Start and finish the day without plans. Just "go with it" for the day.
- ☐ Consider and ID any origins of stress you have
- ☐ Declutter any junk spaces or messy drawers
- ☐ Experience "let go" of a task that simply isn't working out
- ☐ Turn your notification settings "off"
- ☐ Review your most recent 5-10 purchases and asses their level of necessity

**Make and Share Free Checklists**  
[checkli.com](https://checkli.com)