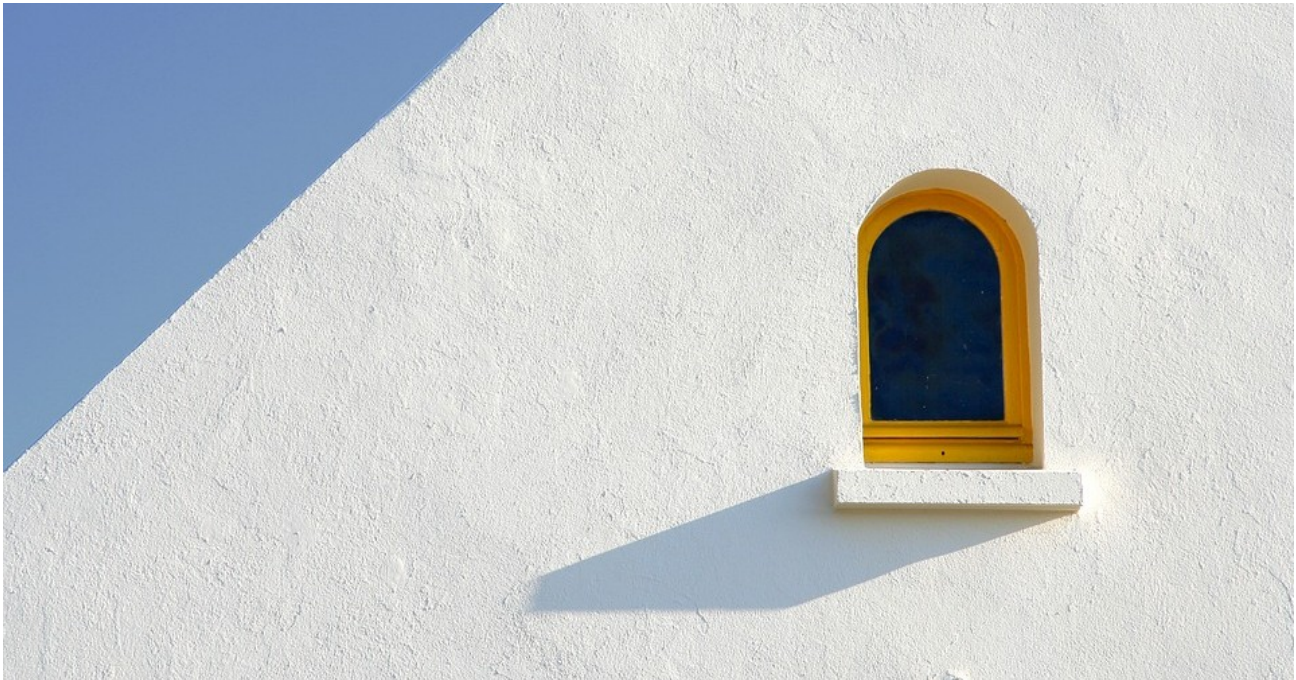


# How to Incorporate Minimalism

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

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