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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