

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
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Turn your notification settings "off"

Review your most recent 5-10 purchases and asses their level of necessity

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