

THINGS I ABOUT MINIMALISTS

1

THEY LIMIT THE TRENDS THEY BUY

They don't lose sleep over keeping up with trends. Instead focusing on self-care and experiences.

2

THEY AVOID BUSINESS

Minimalists don't succumb to decision fatigue before noon. But prefer to be goal-driven.

3

HAVE ORDERLY OFFICES

Minimalists keep their digital lives clutter-free. Including unsubscribing from emails frequently.

4

AREN'T VICTIMS OF PUBLIC OPINION

Minimalists don't worry about what other people think and have learned not to defer to the crowd.

5

SPEND LITTLE TIME ORGANIZING

When you're not using all those things you buy, they need to take up vast amounts of space & be cleaned.

6

SPEND EVEN LESS TIME CLEANING

Minimalists know that clear counters are easier to wipe up and clear floors are easier to vacuum.

7

RELISH THE PAST

Minimalists weed out belongings they've outgrown. This ensures they move forward in life.

8

FOCUS ON FAMILY AND FRIENDS

Many minimalists prefer to spend time physically with friends & family. Not simply digital interactions!

9

STAY CURIOUS

Minimalists get to practice curiosity by asking themselves questions to realign their lifestyles.

10

INVESTING IN MEMORIES

Minimalists prioritize experiences over things. Investing in memory-making with instead.