

# Becoming a Minimalist

## STARTER CHECKLIST

- ☐ Declutter with intention, not perfection
- ☐ Clear surfaces for a calmer space
- ☐ Simplify your cleaning routine
- ☐ Create “go bags” for daily life
- ☐ Use screens with purpose
- ☐ Breakup with emotional shopping
- ☐ Build lists that keep you grounded
- ☐ Let go of the pressure to “do it all”
- ☐ Simplify meals with a go-to rotation
- ☐ Let go of clothes that don't serve you
- ☐ Reimagine your home for real life
- ☐ Start saying “no” without explaining