

10 Days to A More Minimalist Life



minimalistmiri

Thank you for downloading my free course: *10 Days to A More Minimalist Life*. This is a quick and simple guide to help you on your journey to a more organized and simplified way of living. Over the next 10 days, we'll cover a range of spaces within your home and aspects within your life which you can minimize. That being said, you are free to follow this guide at your own pace. Each "day" covers building blocks and tips towards a minimalist lifestyle, allowing you to pick, choose, and focus in on the aspects of minimalism that are most important to you. Due to its broad nature, this guide is all about defining your minimalist goals and working to achieve them.

I have included six pages of questions, prompts, and spaces for notes and reflection interwoven throughout the ten days, which can be done throughout the course to help you better understand what minimalism means to you and what you want to achieve.

To me, minimalism is about simplifying life in positive ways and keeping the things you love, not getting rid of everything. It's not just about physical space, either. Minimalism is also about clearing mental, emotional, and spiritual space to create more room for happiness and fulfillment that doesn't revolve around material goods.

I hope you enjoy this course and find it helpful. Stay tuned for future courses, and I wish you all the best on your minimalist journey!

For more information on a minimalist lifestyle, check out my blog minimalistmiri.com, my Pinterest, Instagram, and etsy shop: @minimalistmiri

Day 1



Make a list of what you want to minimize in your life.

Take some time to consider what minimalism means to you and jot down your key ideas. Is there one aspect of your life that you'd like to pare down more than others? Perhaps your digital life is dragging you down; or maybe you want a simpler wardrobe? This guide will cover multiple aspects of day-to-day life which you can minimize, but if one part is more important than another, you can spend more time **simplifying what's most important to you**. As you determine what minimalism means to you, keep a note of what you'd like to reduce (clothes, shoes, decorations, etc.) and things you'd like to introduce (candles, sunlight, folders and shelves, more time and space for your hobbies, etc.).

Feeling stuck? Try thinking about what brings you peace, calm, and enjoyment. If the thought of reducing your belongings is difficult, try making a list of the items you value most. How can you get the maximum appreciation out of these items? What means less to you in comparison to the things you truly love?

DEFINING MINIMALISM

To me, minimalism means

I want to reduce

I want to make room for

Over the next ten days I want to

Day 2




Pass on at least 5 items which no longer have purpose.

Now that you have an idea of where you'd like to head on your minimalist journey, ease into a more minimalist life today by passing on five items that no longer have value to you. These could be clothes that don't fit, a vase you don't use, or even old kitchen utensils that have gathered dust. If you're feeling up to passing on more or completely decluttering, go for it.

A lot of times, people may feel guilty passing on items (especially if the items were gifts from relatives or friends), but what you own should be useful and should make you happy. The items you own should be ones you love, not things that feel like a burden to keep. Be sure to donate good condition items rather than throwing them out. Knowing there are families out there who will greatly appreciate your donation can make it easier to pass on items.

If you're not sure where to start, go around your home and **take stock of what items you do and don't like** and go from there.

The background of the entire page is a photograph of a rustic wooden table. On the table, there is a grey ceramic mug and an open notebook with a dark cover. The lighting is soft and natural, creating a warm and inviting atmosphere.

1 What
is weighing
me down?

2 Where do
I wish I had
more space?

3 What
don't I like
in my home?

Day 3



Browse minimalist inspiration to find what sorts of designs, layouts, and styles speak to you.

Find your inspiration from magazines, Pinterest, Facebook groups, and/or Instagram. You can also check out books on simple and minimalist living from your local library. Make boards on Pinterest (or, if you have the time and would prefer, create a physical minimalist dream board) that you can refer back to for **ideas, inspiration, and a boost of motivation.**

You can also take today to research the top priorities from the list you made on Day One. For example, if clothes and a minimalist wardrobe are your focus, look into capsule wardrobes and minimalist style; or if you want to clean up your living space, research the best ways to store your items and find the best organization techniques for your home.

Day 4



Unsubscribe from advertising e-mail lists; declutter your computer.

If you're anything like me, you probably spend a good portion of your day on your computer (both out of necessity and for fun), and having a messy, cluttered desktop only adds to the stress of everyday life.

Sort through your documents, photos, downloads, etc. and organize them into easy to find folders and delete unwanted items.

Perhaps more importantly, take the time to go through your inbox and unsubscribe from shop newsletters, sales, and advertisements. Not only will your inbox contain only important, relevant messages, you will have removed unwanted spending temptations.

Day 5



Go through your closet and donate anything that no longer fits; pass on items you don't love.

Take the day to sort through your clothes. It'll likely be easiest to first pass on anything you don't like (think: anything you haven't worn or haven't thought about in the past few months). Then try on the remainder of your clothing. Broken, unrepairable items and clothes that don't fit can be donated, repurposed, or tossed. Only keep the items you love (it may be easiest if you have a color scheme in mind) and the pieces that make you feel happy and confident. If you get stuck, find it difficult, or lose motivation, refer back to the inspiration you gathered on Day Three.

☀ *Unrepairable items can often be cut up into reusable handkerchiefs and cleaning rags.*

Wardrobe Planning

➔ Consider:

- ☐ Necessity
- ☐ Color scheme
- ☐ Comfort
- ☐ Weather/seasons
- ☐ Space for storage

➔ My ideal wardrobe is



INVENTORY

___ Shirts

___ Shorts

___ Blouses

___ Skirts

___ Pants

___ Dresses

___ Jeans

___ Sweaters & cardigans

Day 6



Take a Digital Detox.

Step away from technology today — computer, TV, phone, etc. Take time both to rest — maybe take a soak in the bath and light some candles, play board games with your family, or go for a walk in nature — and to evaluate your progress. You may want to take some time to continue downsizing your closet or update your minimalist inspiration. Most importantly, take time today to **find value in the simple (usually non-material) things**.

Think about your motivations for a minimalist lifestyle. Without unnecessary belongings and the temptation to shop and spend, you'll often find that you have more free time. What are some hobbies and activities that you'd like to pick up? What can you do to give back to yourself?

QUESTIONS TO ASK YOURSELF

The background of the entire page is a close-up photograph of various succulent plants. The plants have thick, fleshy leaves in shades of green, blue-green, and purple. Some plants are in sharp focus, while others are blurred in the background, creating a sense of depth. The lighting is soft, highlighting the textures of the leaves.

What am I
unnecessarily
holding onto?

What do I
need to do to
release those
items and/or
feelings?

What
non-material
things do I
want more of?

What
experiences do
I value over
items/stuff?

How can I care
for myself and
create happiness
without material
goods?

Day 7



Donate extra decorations, supplies, games, etc. you have around the house that no longer speak to you/that you don't use.

Now that you've had some time to rest and enjoy your free time, take today to evaluate the decor and supplies around your home. Does it feel cluttered? Are there books, movies, toys, and games you and your family haven't touched in years? Donate items that you're certain you no longer use or want. If you find yourself hesitating whether or not to let go of something, put these items into a box and set them aside. If you don't reach for those items in a month, it's safe to say you can probably donate them.

As you declutter, keep in mind what you'd like to add (if anything) to the space. Personally, I love keeping candles and an essential oil diffuser on hand, as well as plenty of plants and greenery.

Day 8



Evaluate and organize your fridge, freezer, and pantry.

The kitchen is often overlooked when it comes to decluttering, but it's a central aspect to most people's lives. If you need to, take some time to clear out any old or unused plates, cutlery, and cooking utensils. Otherwise, do a stock take and tidy of your fridge, freezer, and pantry. Toss out anything expired and donate unopened, unwanted food. Consider the best ways to utilize the foods you have and find ways to utilize fresh ingredients to make quick and healthy meals that will fit with your schedule. While elaborate meals and brightly packaged junk food are both delicious, I've found that healthy, whole-food based meals are a key aspect to my minimalist lifestyle.

If you'd like to adopt the same minimalist principles to your dining room, try setting your table after your evening meal. All you need are some basic placemats, cutlery, and a simple centerpiece, like a candle or flowers. This will leave your dining space clean and tidy.

Fridge & Freezer Essentials:

Pantry Essentials:

How can I maximize my storage?

- 1.
- 2.
- 3.

Recipes I'd like to make:

- 1.
- 2.
- 3.

Meal Plan

Breakfast:

Dinner:

Lunch:

Snacks:

Day 9



Minimize the extras — shoes, bags, dresser, junk drawers, etc.

If nothing else, minimalism showed me how many extras I was living with — tiny, relatively meaningless trinkets, broken pens, spare shoe laces, years worth of documents I hadn't looked at since the day I shoved them in a file. All these little things, which don't feel like much at first, pile up and make a big difference to the look and feel of a space. Take today to go through all those little extras and toss the things you haven't looked for in a while and don't use on a regular basis.

If you're not sure where to start, try identifying two or three places that accumulate messes quicker than normal, or places where you stick things you don't tend to reach for often. Which of those items do you actually need and want?

Day 10



Review your original list and inspiration, do a full clean of your home, and pass on anything which no longer speaks to you.

You've made it! At this point, your house is probably a bit freer than on Day One. Go back to your original list and sources of inspiration. Draw from these ideas as you do one last clean through and tidy. As you go through your home, pass on anything else that no longer holds value. You may find some areas may need to be reevaluated sooner rather than later (for me, my wardrobe tends to need a regular declutter, as well as my e-mail inbox).

Evaluation



What do I want to continue to minimize?



What was my favorite part of the process? What was the most difficult part? Why?



What do I want to reevaluate? When? Why?

1.

2.

3.

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