

6 Steps to Get Started with Minimalism

1. Take some time to think about what really matters to you. What's important and what do you REALLY want to spend time doing?
2. Look around your home, at your schedule, and how much information/screen time you are consuming and think about how it is making you feel.
3. Write out some changes you would like to make but remember to start slow. Baby steps!
4. Take a small step in your:
 - Physical space
 - Schedule (how you spend your time)
 - How much information you are consuming (SM, Netflix, internet hopping, blogs, etc...)A few small changes can make a big difference in your mental space & peace of mind.
5. Write down some ideas from your priorities of what you want to make space for. Not to schedule it out and fill it all up again, but to have a list to choose from when you feel like it.
6. REMEMBER that it will take many rounds of purging before you get to your desired threshold. And that it is an ongoing process of maintenance....and totally worth it!

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