

5 STEPS

TOWARDS MINIMALISM



DECLUTTER

The first step towards minimalism is to declutter your possessions. Go through every single item in the room and decide whether to keep it or donate it. Don't skip any items! Every single thing has to be accessed and sorted.

To really succeed with decluttering you have to be ruthless. Hold up each item individually and ask yourself the following questions...

Does it make me happy? Have I used it in the last 6 months?
Why do I have it? Does it have a home?

NEW MANTRA

Let 'Do I Really Need This?' become your new mantra before you buy anything. Also, consider, if you did buy it where would it live in your home?

SIMPLIFY YOUR WARDROBE

Go to your wardrobe and get out every piece of clothing that you own.

Hold up each item and decided there and then whether you are going to keep it or donate it.

If you haven't worn it in the last year you probably never will!

LEARN TO SAY NO

You cannot be everything to everyone. Stop over committing yourself and learn to say no!

SET YOUR PRIORITIES

Always remember, it's your life and you are the only one that has to live it. Decide what you want to do & how you want to live and prioritise those things.

