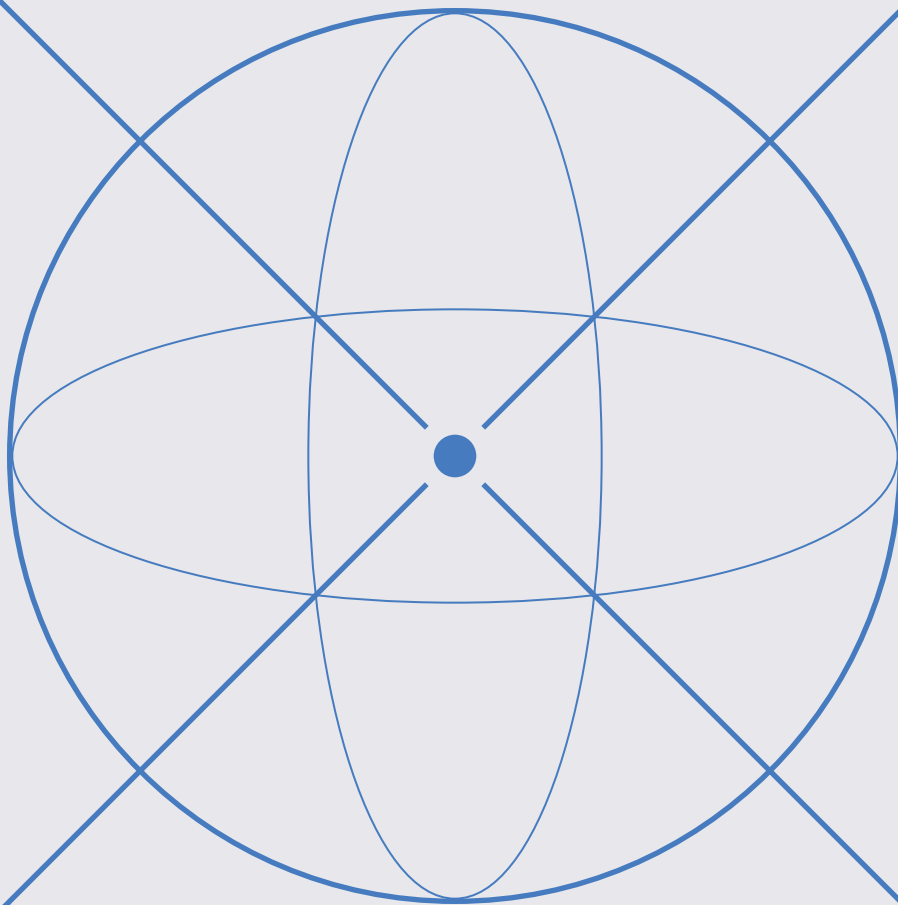


SUCCESS+

MINIMALIST LIVING GUIDE



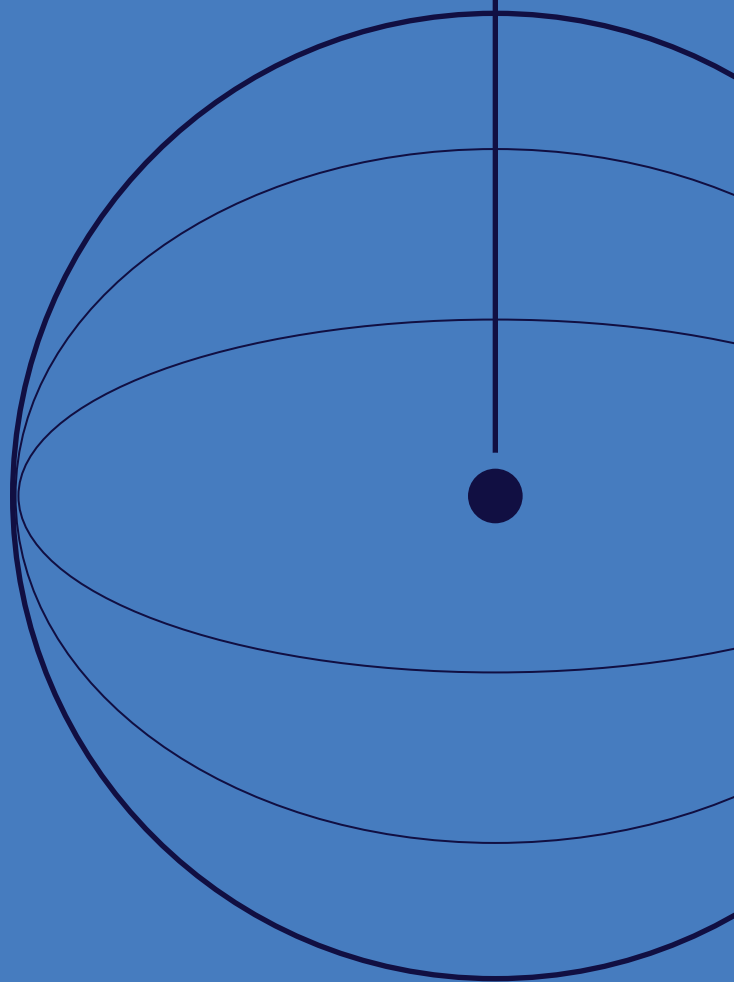
Minimalism is about living with less to simplify your life by focusing on what truly adds value.

This concept can be applied across various areas of your life: from letting go of physical things in your home to relieving yourself of commitments and distractions that hold you back from a more purposeful life.

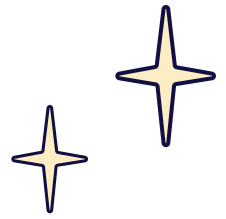
You don't have to fully commit to this principle to enjoy a simpler life. Start small and adopt the "less is more" mindset, one step at a time.

In this guide, we embrace a minimalist approach, working alongside you each step of the way.

This guide isn't full of endless ideas and tasks to choose from. We've compiled straightforward, practical ways to declutter your life. Take inspiration from this guide with our clear-cut, easy tips to create your minimalist comfort zone, bringing clarity and fulfillment along the way.



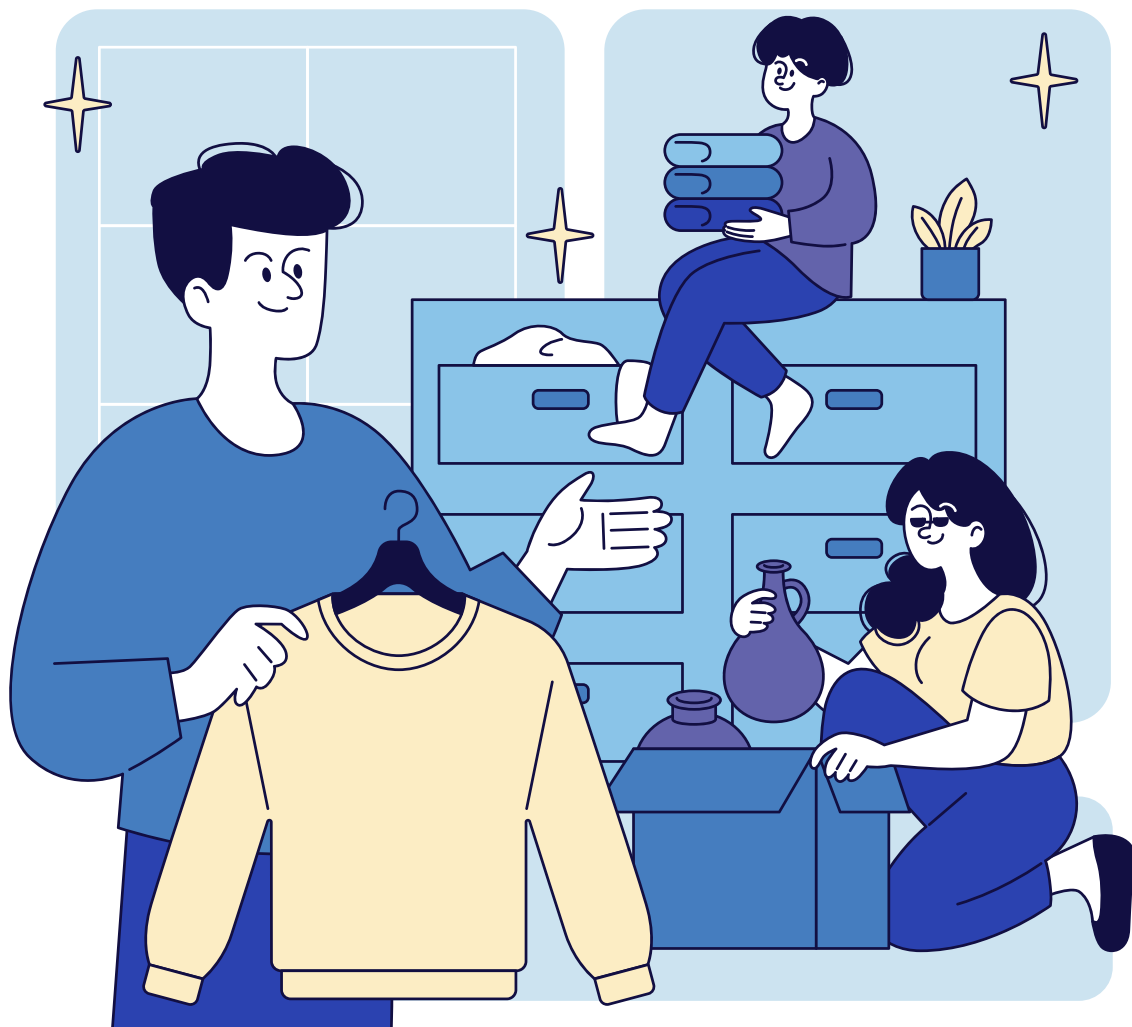
Declutter Your Physical Space



Clean Room, Quiet Mind

Dive into the Marie Kondo cleanup method: Keep what you love and toss or donate what doesn't spark joy.

- Declutter your space by letting go of clothing you never wear.
- Look at your household decor and remove items that you aren't in love with.
- Simplify your catalog of material items, papers, and/or remnants of old hobbies that no longer serve a purpose for you.
 - **Example:** Sort through your papers, including old receipts, printouts, tickets, and documents from your professional and personal life. Identify what's truly essential to keep and whether a physical copy is necessary. If not, now is the time to make a digital copy (if needed) and throw out the paper copy to make space for what really matters.



Downsize and Maximize Your Health Routine



Simple Activities, Healthy Body

Tune out the chatter surrounding the “best” ways to achieve optimal physical fitness and the “perfect” diet. Keep it simple and do what works best for you.

- Purchase fresh fruits, vegetables, and proteins over prepackaged foods.
 - **Example:** Opt for bananas and almonds for a midday snack over chips or flavored granola bars.
- Create a meal planner for your week with easy recipes to reduce decision fatigue.
- Simplify how you exercise with a consistent, simple 30-minute workout over an excessive routine that you dread.



Bolster Your Finances

Intentional Choices, Lasting Wealth



Approach your spending with intentionality over short-term gain.

- Purchase fewer items on the spot. Consider if you need the item, let time pass, and see if you still want to purchase it after your initial moment of interest.
- Opt for quality over quantity in your spending.
 - **Example:** Spend a little more on a durable, well-made winter coat that will keep you warm and last much longer than a cheaper, lower quality jacket that might not weather the storm.
- Cancel subscriptions you don't use on a regular basis. If you want them back a month from now, simply add them back! You may be surprised how many you don't need day-to-day.



Clear the Mental Chaos

Declutter Your Thoughts, Embrace Tranquility



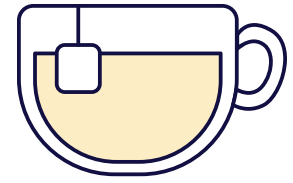
Cultivate the life you want to live, in real life and online.

- Journal for a few minutes each morning to declutter your mind.
- Limit your exposure to negative news or information overload.
 - **Example:** Put the news and your phone away an hour before you go to bed. Try reading a book or journaling instead, and take note of your sleep schedule from week one to week four of your new routine. (You'll likely feel more relaxed and sleep better!)
- Organize your files and delete apps you don't use on a weekly basis.
- Unsubscribe from newsletters and email lists that aren't critical.



Spend Your Time Mindfully

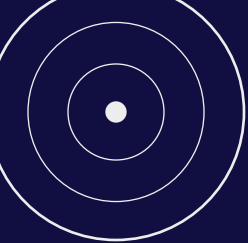
Purposeful Time, Fulfilled Life



Streamline your days around activities that matter.

- Focus on a few meaningful connections over numerous acquaintances so your time is structured around deepening relationships (and fulfillment) over filling up a calendar.
- Avoid overcommitting to plans and practice realistic healthy boundaries with your time.
 - **Example:** Feeling pressed for time this week but you are already committed to social activities? Tell your friend you need time to decompress. Spend the evening relaxing at home instead—and reschedule dinner for another day!
- Focus on meaningful activities to acquire new skills like learning a language, mastering a program, improving negotiation techniques or other areas that support your goals for growth.
- Treat your relaxation or alone time as if it's a commitment with a friend—schedule it and honor it.





Outline Your Minimalist Goals

Ready to simplify your routine? Let's plan small steps to embrace doing more with less.

1. Write one way you can start to integrate minimalism into your life today.

2. Rate each activity by its level of effort from 1–5.

Declutter Your Physical Space:

Low Effort

1

2

3

4

5

High Effort

Clear the Mental Chaos:

Low Effort

1

2

3

4

5

High Effort

Downsize and Maximize Your Health Routine:

Low Effort

1

2

3

4

5

High Effort

Spend Your Time Mindfully:

Low Effort

1

2

3

4

5

High Effort

Bolster Your Finances:

Low Effort

1

2

3

4

5

High Effort

Which activity did you rate as the lowest effort?

Now, give it a shot starting today. Then, try your second-lowest effort activity next week. And repeat.

We believe in you!