NOTES

Introduction - Why Less is More

3   *Even a small system can produce big clarity* → Based on: *"Clarity begins in our mind (PN)"*. The clarity framework contains three phases: understand, create and share. Each phase requires a different mindset. → References, Note-taking: *Pohl, 2022, pp. 19, 20.*

Chapter 1 - The Problem with Too Much

7   *Minimalists already know this in their homes* → Based on: *"Minimalism Strengthens Knowledge Work (PN)"*. Applying minimalist principles means focusing only on essential information, echoing lessons from home decluttering. → Based on: *"Joshua Fields Millburn & Ryan Nicodemus — Minimalism (LN)"*. Minimalism does not mean owning nothing, but choosing the right things"—applied to notes, means retaining only those that carry lasting value. → References, Minimalism: *Millburn & Nicodemus 2011.*

8   *The Hidden Cost of Over-Collecting* → Based on: *"Invisible Costs of Over-Collection (PN)"*. Every extra note adds cognitive, emotional, and structural costs that outweigh potential benefits. → Based on: *"John Maeda — Laws of Simplicity."* Structural and cognitive cost concept from simplicity principles. Simplicity in design, life, and knowledge systems improves usability and reduces psychological burden. → References, Minimalism. *Maeda 2020.*

9   *clarity doesn't grow from more notes, but from stronger ones* → Based on: *"Quality Beats Quantity in Notes (PN)"*. Fewer,

sharper notes spark creativity and clearer thinking better than large databases or "warehouses" of unprocessed notes. → Based on: *"Cal Newport — Digital Minimalism (LN)"*. Combining digital tools with disciplined boundaries prevents information overload and enhances focus. → References, Minimalism: *Newport 2019.*

10 **From Overload to Clarity** → Based on: *"Information Overload Weakens Clarity (PN)"*. Excess notes and data lead to cognitive and emotional clutter, making genuine insight harder to find. → Based on: *"Marie Kondo — Decluttering Philosophy (LN)"*. Use of decluttering philosophy to illustrate overload impact. → References, Minimalism: *Kondo 2014, p. 27.*

11 **The Fear of Missing Out** → Based on: *"Fear of Missing Out Drives Excess (PN)"*. Many collect and keep information out of fear, but minimalists trust key ideas will naturally return if important. → Based on (1): *"Beth Kempton — Wabi Sabi (LN)"*. Wisdom is not in exhaustive collection but in accepting imperfection and appreciating essentials. → References, Minimalism: *Kempton 2018.* → Based on (2): *"Social Theory at HBS: McGinnis' Two FOs - The Harbus."* June 20, 2018. *https://web.archive.org/web/20180620095648/http://www.harbus.org/2004/social-theory-at-hbs-2749/.*

13 **Clarity** → Based on: Obsidian Forum. *"Start with Clear Goals. But How? - Knowledge Management."* 2.0k views, April 30, 2024. *https://forum.obsidian.md/t/start-with-clear-goals-but-how/85629.*

16 **Simplicity is about subtracting the obvious and adding the meaningful.** → References, Minimalism: *Maeda 2020, p. 89.*

Chapter 2 - The Essence in Three Steps

22 **Write** → Based on: Obsidian Forum. *"Make Good Notes. But How? - Knowledge Management."* 7.0k views, April 30, 2024. *https://forum.obsidian.md/t/making-good-notes-but-how/71760.*

22 **Inverted pyramid** — simple rule of starting with the essence first. You distill what matters, then expand only as needed— clarity at the top, details only when they earn their place.

Connect → Based on: Obsidian Forum. *"Link Notes. But How? - Knowledge Management."* 9.2k views, April 30, 2024.

https://forum.obsidian.md/t/how-to-use-links/58831.

Chapter 3 - The Minimalist's Starter Kit

29   ***Small structures can make starting easier*** → Based on: *"Organized for Simplicity (PN)."* Organization makes a system of many appear fewer. → References, Minimalism: *Maeda 2020, p. 11.*

31   ***Permanent Notes should be atomic and clear*** → Based on: *"Atomic Notes (PN)"*. Permanent Notes, also known as atomic notes, are the central type of note used in the Zettelkasten. → Based on: *"Atomizität (LN)"*. Schreiben sie einen Gedanken pro Zettel. → References, Zettelkasten: *Fast 2025, p. 43.*

34   ***Small Structures*** → Based on: Obsidian Forum. *"Provide Structure. How Do You Use Zettelkasten in Obsidian? - Knowledge Management."* 73.4k views, April 30, 2024. *https://forum.obsidian.md/t/how-to-use-zettelkasten-in-obsidian/35008.*

35   ***Starter Notes*** → Based on: Obsidian Forum. *"Obsidian-Zettelkasten Starter-Kit - Knowledge Management."* 20.1k views, April 30, 2024. *https://forum.obsidian.md/t/obsidian-zettelkasten-starter-kit/51090.*

34   ***Templates*** → Based on: Obsidian Forum. *"16 Obsidian Templates For Zettelkasten To Start With - Knowledge Management."* 124.0k views, April 30, 2024. *https://forum.obsidian.md/t/16-obsidian-templates-for-zettelkasten-to-start-with/49098.*

34   ***Tags*** → Based on: Obsidian Forum. *"Use Meta Data. But How? - Knowledge Management."* 39.7k views, April 30, 2024. *https://forum.obsidian.md/t/how-to-use-tags/35320.*

34   ***Fewer Tools*** → Based on: Obsidian Forum. *"Select Tools for Zettelkasten. But How? - Knowledge Management."* 5.4k views, April 30, 2024. *https://forum.obsidian.md/t/use-ai-but-how/66067.*

Chapter 4 - Living with Less Notes

41 *method from Marie Kondo* → References, Minimalism: Kondo 2014.

46 *Alive System* → Based on: Obsidian Forum. *"Inspect and Adapt Process. But How? - Knowledge Management."* 8.5k views, April 30, 2024. *https://forum.obsidian.md/t/how-to-use-zettelkasten-analytics/36799.*

45 *Lightness* → Based on: Obsidian Forum. "Simplify Zettelkasten. But How? - Knowledge Management." 4.5k views, April 30, 2024. *https://forum.obsidian.md/t/simplify-zettelkasten-but-how/81090/.*

Chapter 5 - Writing from a Minimalist's Zettelkasten

51 *The* → Based on: Obsidian Forum. *"Explore and Discover Notes. But How? - Knowledge Management."* 4.5k views, April 30, 2024. *https://forum.obsidian.md/t/explore-and-discover-notes-but-how/65386.*

Chapter 6 - The Discipline of Returning

67 *Review* → Based on: Obsidian Forum. *"Review and Revise Notes. But How? - Knowledge Management."* 1.3k views, April 30, 2024. *https://forum.obsidian.md/t/review-and-revise-notes-but-how/86820.*

Chapter 7 - Freedom Through Fewer Notes

72 *A 'Desirable Difficulty' is a learning task that requires a considerable but desirable amount of effort.* → Based on: *"Creating Desirable Difficulty (PN)".* Making things hard on yourself, but in a good way. → Reference: Bjork, E., & Bjork, R.. *Making things hard on yourself, but in a good way: Creating desirable difficulties to enhance learning.* Psychology and the Real World: Essays Illustrating Fundamental Contributions to Society, 2011, pp. 56-64.

76   ***Play*** → Based on: Obsidian Forum. *"Have Fun. Zettelkasten Gamification - Knowledge Management."* 3.8k views, April 30, 2024. *https://forum.obsidian.md/t/have-fun-zettelkasten-gamification/79585.*

Appendix D.2 - The Book Evolution Map

132   ***A Book Evolution Map is a visual record*** → Based on: "*Book-on-a-page (PN)."* A single-page narrative that distils a book's key insights into a visual story. It's a Structure Note, turning isolated notes into a coherent visual map. → References, Note-taking. *Viczian 2025, p.210.*