

# THE MINIMALIST CREATIVE

RESOURCES TO LIVE AN INTENTIONAL +  
CREATIVE LIFE

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\*FREE 4 PAGE GUIDE\*

## Resources and Habits To Jumpstart A Creative Lifestyle

*Start implementing creative habits  
and routines while still working  
your non-creative 9-5 job.*

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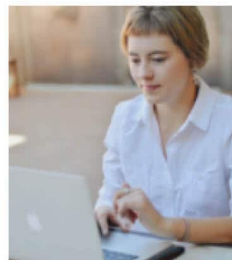


Minimalism helped me focus on  
creative projects that matter.

This website is where you'll find actionable  
resources and thoughtful writing to encourage  
you to **start and finish** big, scary creative  
projects by eliminating physical and mental  
clutter.

Hi! My name is Samantha but you can call me Sam. I'm  
the Minimalist Creative. I provide useful tools and  
actionable exercises to help you find your inner creative  
and productivity tips to help you focus on the creative  
projects that bring you purpose, joy, and fulfillment.

I believe that anyone can be creative and I enjoy encouraging others to take the first steps into a  
more creative lifestyle.



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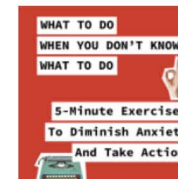
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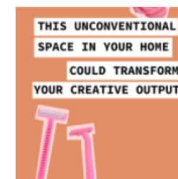
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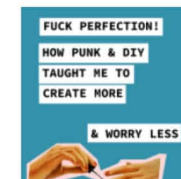
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Taught Me To Create More  
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## How To Think Like A Minimalist

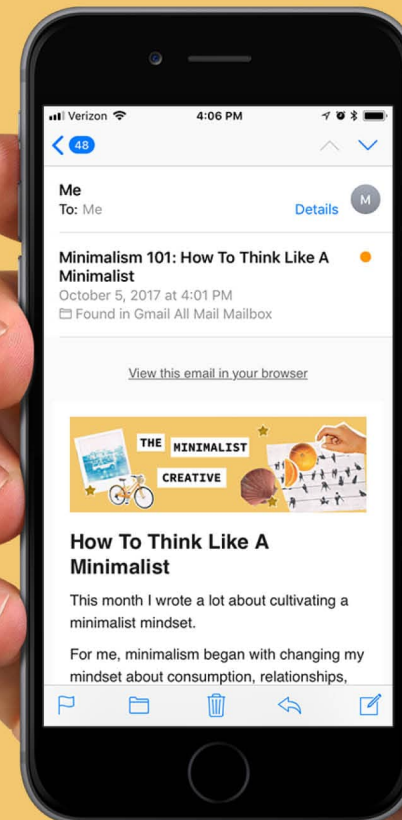
This month I wrote a lot about cultivating a minimalist mindset.

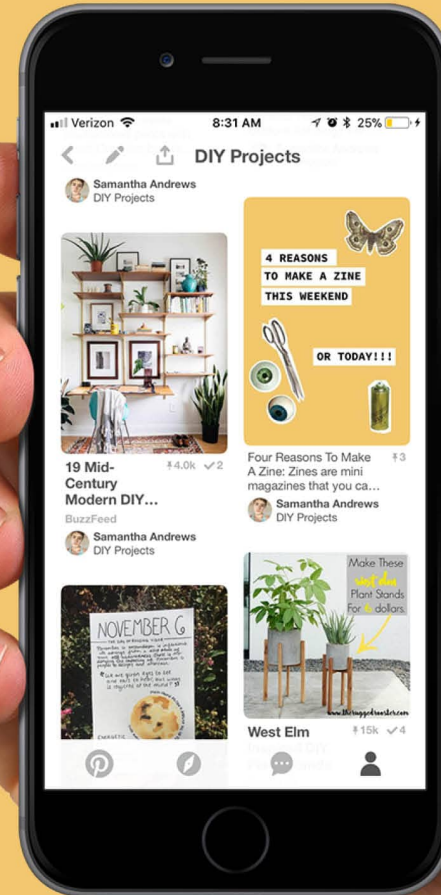
For me, minimalism began with changing my mindset about consumption, relationships, and letting go, and less about the act of decluttering (although we will definitely get into that!)

### Here is a super actionable list of things to do to start thinking like a minimalist:

#### On building better consumption habits:

1. **Recognize your most harmful or time-consuming consumption habit.** Is it social media scrolling, frequent trips to the mall, or online shopping?
2. **Create a system or action to stop this habit.** Unsubscribe from email newsletters that sell you things you don't need. Delete apps off your phone. Turn off all notifications. Set a shopping budget and take out that amount in *cash* as a physical reminder of your spending limit.





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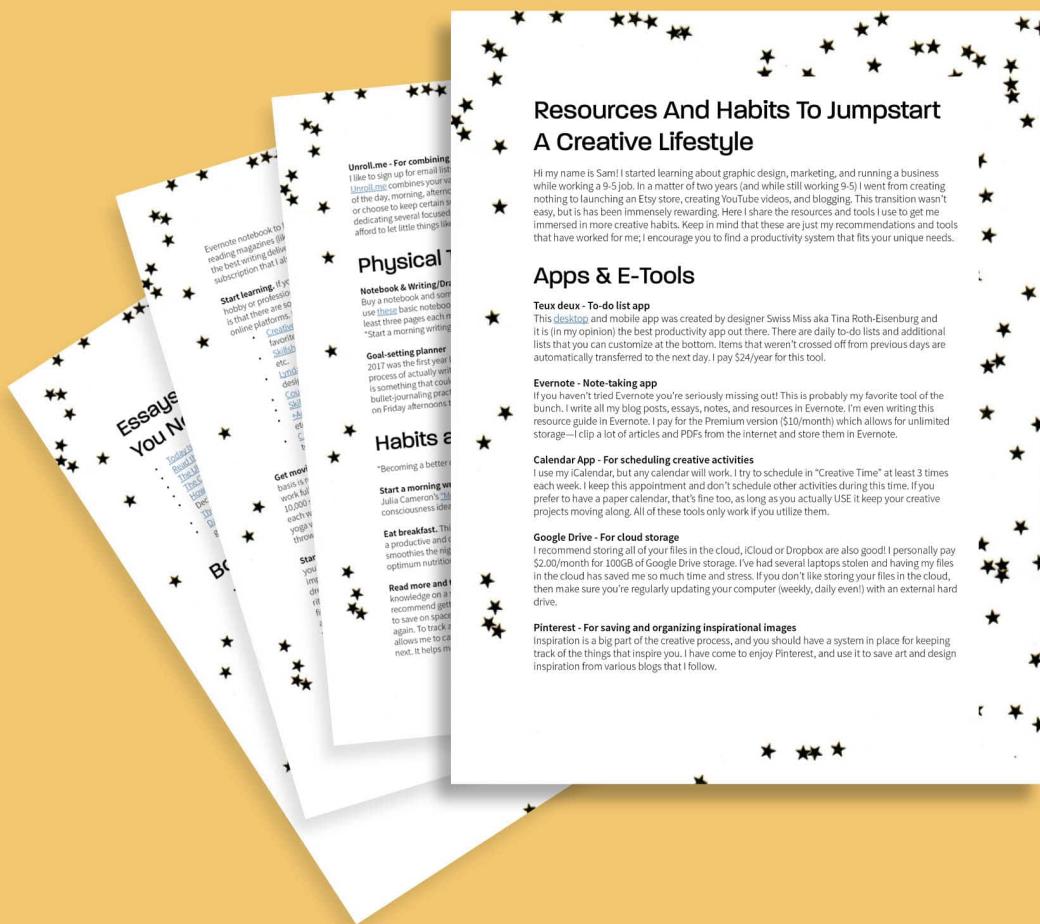
RETWEETED ON FEB 13

Glulio Bordonaro @GlulioBx - Feb 13

I hope you find this #PSD #template useful. You can find the latest version on <http://j.mp/twitter2014gu> (if you have any suggestion please contact me)

143 31 28





## Resources And Habits To Jumpstart A Creative Lifestyle

Hi my name is Sam! I started learning about graphic design, marketing, and running a business while working a 9-5 job. In a matter of two years (and while still working 9-5) I went from creating nothing to launching an Etsy store, creating YouTube videos, and blogging. This transition wasn't easy, but it has been immensely rewarding. Here I share the resources and tools I use to get me immersed in more creative habits. Keep in mind that these are just my recommendations and tools that have worked for me; I encourage you to find a productivity system that fits your unique needs.

### Apps & E-Tools

#### Teux deux - To-do list app

This [desktop](#) and mobile app was created by designer Swiss Miss aka Tina Roth-Eisenburg and it is (in my opinion) the best productivity app out there. There are daily to-do lists and additional lists that you can customize at the bottom. Items that weren't crossed off from previous days are automatically transferred to the next day. I pay \$24/year for this tool.

#### Evernote - Note-taking app

If you haven't tried Evernote you're seriously missing out! This is probably my favorite tool of the bunch. I write all my blog posts, essays, notes, and resources in Evernote. I'm even writing this resource guide in Evernote. I pay for the Premium version (\$10/month) which allows for unlimited storage—I clip a lot of articles and PDFs from the internet and store them in Evernote.

#### Calendar App - For scheduling creative activities

I use my iCalendar, but any calendar will work. I try to schedule in "Creative Time" at least 3 times each week. I keep this appointment and don't schedule other activities during this time. If you prefer to have a paper calendar, that's fine too, as long as you actually USE it. Keep your creative projects moving along. All of these tools only work if you utilize them.

#### Google Drive - For cloud storage

I recommend storing all of your files in the cloud, iCloud or Dropbox are also good! I personally pay \$2.00/month for 100GB of Google Drive storage. I've had several laptops stolen and having my files in the cloud has saved me so much time and stress. If you don't like storing your files in the cloud, then make sure you're regularly updating your computer (weekly, daily even!) with an external hard drive.

#### Pinterest - For saving and organizing inspirational images

Inspiration is a big part of the creative process, and you should have a system in place for keeping track of the things that inspire you. I have come to enjoy Pinterest, and use it to save art and design inspiration from various blogs that I follow.

## creativity workbook:

your personal guide to  
finding your creative groove  
and unleashing your imagination

