

**Yogesh Haribhau Kulkarni**

• You

AI Advisor (Helping organizations in their AI journeys) | PhD (Geometric Modeling) | Tech Columnist (Mara...

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## Hit Refresh: Digital Minimalism in the Modern Mess

I'm a big believer in minimalism and have been gradually trying to live with more intention, especially in the digital world. Recently, I started diving deeper into the works of Cal Newport, Matt D'Avella, and others who inspire a more deliberate digital life. I've also jotted down my own thoughts based on my experience, and I'm planning to turn this into a series of blogs. I haven't implemented every idea yet, but that's the plan!

Meanwhile, I'm sharing this practical summary hoping it helps you too. Please share your hacks or tips as well. A more detailed version will follow soon on Medium.

## Hit Refresh: Digital Minimalism Checklist

1. Define Your Why: Set values-based rules. Less noise, more clarity. Ask: "Is this tool helping me live better?"
2. Inventory Everything: Audit all storage: laptops, mobiles, cloud, drives. Map where things live. Target: Private data in <32 GB, total under 512 GB.
3. Ruthless Cleanup: Delete old files, unused apps, duplicate accounts. Uninstall social media from your phone (laptop use only if needed).
4. Organize & Backup: Sort into clear folders. Clean your desktop. Weekly backups. Empty trash. Keep only what matters.
5. Notifications & Screen Time: Silence the non-essentials. Use tools like Digital Wellbeing. Limit usage to <2hrs/day. Try grayscale mode.
6. Regular Rituals: Start a weekly 30-min "Digital Sabbath" or a monthly deep clean. Your future self will thank you.
7. Password & Account Hygiene: Use a manager. Close zombie accounts. Reduce your digital footprint where possible.

Disclaimer: These are broad suggestions. Your context and priorities may vary. Always apply your own judgment before making big changes.

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**Yogesh Haribhau Kulkarni**

Author

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More details are at [Medium https://yogeshharibhaukulkarni.medium.com/hit-refresh-minimalism-digital-39ee855656f4](https://yogeshharibhaukulkarni.medium.com/hit-refresh-minimalism-digital-39ee855656f4)



### Hit Refresh: Minimalism: Digital

A series of checklists inspired by Cal Newport, Matt D'Avella, and my own practices