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I'm a big believer in minimalism and have been gradually trying to live more intentionally. After exploring the works of folks like Cal Newport, Matt D'Avella, and Derek Sivers, I started compiling ideas that resonated personally.

📌 While I haven't tried every single idea yet, this list is part aspiration, part ongoing journey, I've gathered it into a structured checklist called:

➡ "Hit Refresh: Minimalism – General"

This post covers the highlights. I plan to publish a full version soon on [Medium](#).

✨ I hope it sparks ideas for you. Feel free to share your own hacks in the comments!

⚠️ Disclaimer: These are general suggestions. Use your best judgment before applying them directly.

[#Minimalism](#) [#HitRefresh](#) [#DigitalDetox](#) [#LifeDesign](#) [#MattDAvella](#) [#CalNewport](#) [#MindfulLiving](#)  
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