

Hit Refresh

Minimalism – General

A checklist for a lighter, intentional,
distraction-free life

Mindset First

- Define your “why” for minimalism
- Apply “HELL YEAH or No” filter to choices
- Minimalism = clarity, not deprivation

Physical + Digital Declutter

- One-in, one-out rule
- 30-day box test
- Clean digital clutter weekly (files, photos, emails)

Tame Screen Time

- No screens 1hr after waking & before sleep
- Social/email: laptop only, 2× per day, max 30 mins
- Try weekly screen-free half/full days

Daily Life by Design

- One daily ritual: walk, journal, hobby, call
- At least 1 hr of alone time (no phone!)
- Leave phone at home during walks, break the jitter

Systems for Sanity

- Passwords in coded file, share with trusted people
- Notifications = OFF (except essentials)
- Email labels, digital limits → peace

Weekly Refresh

- Do a “Saturday audit”: what added value?
- Review tech use, drop the junk
- Ask: “Would this fit on a 32GB pen drive?”

Hmmm

What would you add to this list?