# MINIMALISM IS THE NAME OF THE GAME

**30 DAYS MINIMALISM CHALLENGE** 

WITH PRACTICAL TIPS FOR CLEARING OUT, FOR MORE CALMNESS, SATISFACTION, SUCCESS AND LUCK IN LIFE

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### Minimalism Is The Name Of The Game:

## 30 Days Minimalism Challenge With Practical Tips For Clearing Out, For More Calmness, Satisfaction, Success And Luck In Life

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#### Minimalism is the name of the game

What is minimalism?

Necessity of minimalism

Advantages of minimalism

#### The connection between minimalism and our habits

The connection between thoughts and habits

<u>Setting new habits as goals</u>

Habits of minimalism

#### <u>30 Days Minimalism Challenge: Practical Tips for a</u> <u>Minimalist Lifestyle</u>

Leave your comfort zone Minimalism in thought <u>The minimalist gift giving</u> Earn Money by Clearing Out Donate superfluous items Reduce media consumption The 30 days shopping rule Sorting the objects ... Red, Yellow, Green Emotional and rational decision-making <u>Clearing out helper</u> Plan Clearing out Buy something, get rid of two things Does it have to be a TV? Cosmetics and body care The wardrobe <u>Investing the right way</u> Plastic minimalism Food shopping - is it minimalistic?

Social Minimalism What is your optimal order? **Digital Clearing Out** <u>A little library?</u> No more presents for you? Insurances, contributions and Co Newsletter and Advertising Chaos in your wallet? Stay minimalist Maintaining minimalism <u>Drink tap water</u> Search for challenges and practice mindfulness **Effects of minimalism** More serenity through minimalism More satisfaction through minimalism More success through minimalism More happiness through minimalism Checklists for more order in the own four walls Checklist study: Minimalism made easy! <u>Bathroom checklist: Minimalism made easy!</u> Checklist corridor: Minimalism made easy! Checklist Living room: Minimalism made easy! <u>Checklist dining room: Minimalism made easy!</u> Checklist Kitchen: Minimalism made easy! Checklist Children's rooms: Minimalism made easy! <u>Checklist bedroom: Minimalism made easy!</u> Checklist wardrobe: Minimalism made easy! Checklist cellar and attic: Minimalism made easy