

DISCUSS IT

MINIMALISM

1. Would you like to live a minimalist lifestyle? Why or why not?
 2. What's Minimalism taken to extremes?
 3. What criteria do you use to make shopping decisions?
 4. How much time do you spend on Facebook?
 5. Do you have to get rid of everything you own to be a Minimalist?
 6. Do you think it would be more fun to live simply, without a lot of things?
 7. What are the advantages to a minimalistic lifestyle and way of living?
 8. What minimalist changes can you do personally (tomorrow)?
 9. Do you think one day minimalism will be the way everyone lives?
 10. What are your 3 most treasured and important possessions?
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DISCUSS IT

MINIMALISM

1. What is minimalism to you? What's your definition of it?
2. Do you have clothing in your closet that you never wear?
3. How can Minimalism help you deal with debt?
4. How can we apply minimalism to social media?
5. Do you know someone that inspires you by living very basic, minimal?
6. What do you think are the downsides to minimalism?
7. What do you think would be the hardest thing about being a minimalist?
8. Do you think that minimalism is a privilege of rich, western society?
9. Do you know someone who has too much stuff - is a hoarder?
10. Where can people find out more about minimalism?

A DAY IN THE LIFE OF A MINIMALIST



Watch the video and answer the following questions?

1. What is your definition of minimalism?

A minimalist is someone who _____

2. Note 5 things does Matt do or not do that makes him a minimalist?

3. How does Matt make money?

4. What kind of food does Matt eat during the day?

5. Do you think Matt is a real minimalist? Why or why not?

30 DAY minimalism CHALLENGE

**Choose 5 you would do
and discuss them with
your partner.**

1. Purge your wardrobe
2. Clean your handbag
3. Toss out old socks
4. Get rid of digital devices
5. Empty your wallet
6. Write down your friend's best qualities
7. Write down your best qualities
8. Journal for 20 minutes
9. Donate old books
10. Ditch make-up for a day
11. Meditate on your day
12. Spend time with loved ones
13. Make a gratitude log
14. Evaluate your last five purchases
15. Stay offline for a day
16. Don't spend any money for 24 hours
17. Don't complain all day
18. Go out without your phone
19. Venture outdoors
20. Create a relaxing space
21. Re-evaluate your to-do list
22. Declutter your storage
23. Empty your junk drawer
24. Turn off notifications
25. Batch cook your meals
26. Get all of your errands done
27. Eliminate a toxic relationship
28. Clear out your make-up collection
29. Say no to something
30. Repurge your wardrobe

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Minimalism

To Dos

Keep

Find a permanent home for all the things you want to keep right away if it's going to stay in the room. For example, if you're working on your closet, choose where shoes will live permanently and then put the shoes you're going to keep there as you're sorting.

Relocate

These are things you're going to keep, but they won't have a permanent home in the room you're working on. It can be tempting to take it to the right room as soon as you put your hands on the item. Resist this urge! Consolidate trips to other rooms by putting items in this pile.

Trash/Recycle

You can choose to keep your trash and recycling items together and separate them out later, or you can have one place for each of these categories. If I know I'm going to be dealing with a lot of cardboard or paper, I will have a bag or a box specifically for recycling.

Donate

For items you don't want to keep, consider donating it to your local St. Vincent de Paul or a family in need that you can visit directly.

Sell

Do not underestimate the money to be made from garage sales and Craigslist! You can get good money for used items!

Return

Make a pile of things that belong to friends/family that you need to return. I have a permanent place in my house for this category.

**MINIMALISM
CHALLENGE**

Minimalism To Dos

Take a Before Picture

Take a picture on your phone or your digital camera. You may feel embarrassed now, but you'll be so proud of the work you've done, you'll want to share your progress with others! You will regret not doing this!

Drink Water

Have some water available preferably in a water bottle, so you don't risk knocking over a glass while you're working and creating more of a mess! Some of you might be tempted to live off coffee, and Diet Coke...don't do it! You're running a marathon here, and your body needs good old fashioned water. Don't let a dehydration headache steal your mojo.

Choose Some Tunes

Load up some inspirational music whether that's worship music, Gregorian chant or Taylor Swift. Pick something that will energize you!

Take Notes

Keep your Getting It Done worksheet handy with a pen so you can take notes while you're working! Here you will write down notes about what containers you need to store things more effectively. I also take notes of things I need to reorder and on what schedule (i.e., toilet paper once per month, fire alarm batteries once per year, etc.) These notes are going to help you run your home smoothly in the future!


Set A Timer

If you're anything like me, you get so excited about something that you want to dive in and not come up for air until it's finished! Unfortunately, that's rarely a good strategy for our bodies or our attention span. I suggest you set a timer for 50 minutes. Be focused for that time and then take a 10-minute break. Go outside or grab a healthy snack. Switch gears, so your brain gets a break. Then dive back in!

**MINIMALISM
CHALLENGE**

PROJECT 333

experiments in living with less



When: Every three months. Join anytime.

What: 33 items including clothing, accessories, jewelry, outerwear and shoes.

What not: Does not include your wedding ring or another sentimental piece of jewelry that you never take off, underwear, sleep wear, in-home lounge wear, and workout clothing that's only worn to workout.

How: Choose your 33 items, box up the remainder of your wardrobe, seal it with tape and put it out of sight.

What else: Consider that you are creating a wardrobe that you can live, work and play in for three months. Remember that this is not a project in suffering. If your clothes don't fit or are in poor condition, replace them.

33 Items:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
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33. _____

Quick Start Guides:

First Timers

1. Take inventory. Read: [How to Make Space](#).
2. Working with your "I Love" pile of clothing, start to build your wardrobe.
3. Consider signature items like a trench coat or pair of boots. Having one well-made version of something will be far better than 10 knock-offs.
4. Once you start, pay less attention to what you are wearing, or not wearing, and more attention to something more important.
5. You are welcome to incorporate some of the bonus rules listed, but I highly recommend starting simply.
6. Get connected and ask questions.

Starting a New Phase

1. Donate any items from your current collection that haven't been worn.
2. Start building your new wardrobe with items in your current collection.
3. Box up whatever is not coming with you for the next three months, and mark the box accordingly so you can consider the same items for next year.
4. Make your new list. What will you change?
5. Stay connected and ask questions.

Bonus Rules

1. Use the first week of each phase if you need it to finish your collection and donation process.
2. Choose three additional items and put them aside in your closet. You may rotate these items in during the next three months, but three other items have to be rotated out and donated.
3. You may swap clothing with others participating in Project333. Post items on the Facebook page.