



FREE EBOOK

Minimalist Rulebook

Sixteen rules for living with less. From our Photo-Scanning Rule to our Minimalist Gift-Giving Rule, this free ebook will help you simplify your life one rule at a time.

Living a Clutter-Free Life

Most people try to make New Years Resolutions. While there is nothing wrong with that, unless we follow through on them, they mean very little. The Second Friday of January has been designated as QUITTERS DAY. That is when all those great resolutions fade away and we go back to being the way we were. No more extra exercise or commitment to do the resolutions we planned to do. I personally am not a quitter. If I say I will do something, I try very hard to do that.

I watched a Dave Ramsey Show on You Tube where he interviewed Joshua Millburn and Ryan Nicodemus who are known as the Minimalists. They do daily podcasts on how to live a more simplified life. Their frank discussion really made me re-think how I am accumulating too much stuff.

[The Minimalists.com](http://TheMinimalists.com)

According to Ryan Nicodemus, he claims the average American household has 300,000 items inside them. We clutter up our homes and fill our closets until they are overloaded. Many then fill up the garage and later rent a storage building. Few things in those storage buildings will ever be used again.

The Minimalists have a free eBook on the 16 rules for Living with Less. All of these are great. You can get it from their website listed below.

[Minimalists Resources](#) where you can get the free eBook and read the 16 Rules For Living with Less.

I want to share 3 of their rules with you that I think make so much sense.

The 90/90 RULE

Look at a possession. Pick something. Anything.

Have you used that item in the last 90 days?

If you haven't, will you use it in the next 90?

If not, it's okay to let it go.

The JUST IN CASE RULE

If it costs less than \$20 and can be replaced in

20 minutes, let it go. No use of paying a hold onto surcharge.

You normally will never buy it again.

The COMBUSTION RULE

If the item was lying on the floor and it exploded, how would you feel about it? Would you really miss it?

If happy it exploded, then let it go.

These rules are so simple and make so much sense. I have been really bad about the Just in Case rule. If it is cheap and you haven't used it in the past year, let it go. Most likely it has outlived its usefulness.

I decided in 2025 to make a commitment to eliminating a lot of clutter in our home. My goal is to throw away or donate one thing for every day of the year. It is January 17th today, and I have on my list 22 items I have already trashed.

Most of the items were really junk. Old 7200 rpm Computer drives. Almost empty Paint cans that have set in the floor for 5 or more years. Computer cables that are no longer used. Old books that have no purpose but to be trashed. Clothes that are worn out or discolored. Shoes that you never wear. The list goes on and on.

It has been a freeing experience. Will I face quitters day? Perhaps, but it won't be in January for sure. I think I am focused and determined to clean up the clutter.

A clean room is so great to be in. When you walk into your kitchen and the counters are free of any items, that is so wonderful. We are not there yet, but we are working on it. I have read that having things on your desk causes you to have to process each thing and waste away time that could be used efficiently. Get rid of clutter. You will be happy you did.

WANT FREEDOM?

- 1. Need Nothing**
- 2. Be Content**
- 3. Get by with Less**

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