



# Minimalist Lifestyle Checklist

## SIMPLE MORNING RITUAL

- Wake up on time (not early on time)
- Stretch your body for 5 minutes
- Spend 5 minutes Journaling
- Enjoy a quiet cup of tea or coffee

## DECLUTTERING

- Declutter one small area each day
- Remove items you no longer use
- Organise your drawers
- Donate or recycle unused items

## SIMPLE MEAL PLANNING

- Create a simple grocery list
- Choose easy and healthy recipes
- Plan meals for the week
- Prep ingredients in advance

## MINDFUL SPENDING

- Focus on quality instead of quantity
- Track your spending
- Stop impulse purchase
- Ask questions before buying

## SIMPLIFY YOUR WARDROBE

- Keep versatile pieces that mix and match
- Organise your closet
- Remove clothes you don't wear and don't fit
- Keep fabric comfortable and cozy