

STORY XIV

MINIMALISM

≡ It's about owning more

MORE SOURCES
"MARIE KONDO"
+
"100 THINGS"
(GERMAN MOVIE)

MOVING
(if any) fast declutter

PURGING
impulsive declutter

MINIMALISM
slow declutter
process of months/years

! EACH HAS THEIR OWN BENEFIT !

GO THROUGH IT

mindfully, intentionally, present

EXERCISE 'LIFE'S INNATE QUESTIONS'

- pick 3 things that you want to erase from your life
- take each of these things + ask some (or all) of these questions →
- what comes up for you?
how did you experience this process?
- how are you feeling after?

SOUL/HEART LEVEL

- Why do we have what we have?
- Why do we crave what we crave?
- What makes us happy?
- What are our unique necessities?
+ how do they define us
- What do we want to own / in our home / in our energy field?
- What have we outgrown?
- How do we want to live our life?
- WHO ARE WE?

MENTAL BODY LEVEL

- mental unloading
- enriching mindset
- enthralling philosophy
- educational process
 - ↳ DEFINE YOUR LIFESTYLE
 - ↳ CHALLENGING RELIEF SYSTEMS
 - ↳ WHAT ARE YOUR WHY'S
- WHO WERE / ARE / WANT TO BE?

OUTSIDE MIRRORS INSIDE

- clarity
- organisation
- sometimes less choice = more freedom
- more time for what you value; less time cleaning / tidying up
- more peace + bliss, contentment + relaxation

HOW TO START ?

①

- 1 area of your life
- pick anything!
from JUST A DRAWER to a WHOLE ROOM
- what you have always wanted to tackle or what you have never dared to OR what you can/need/feel drawn to!
- YOUR UNIQUE PRACTICE
YOUR UNIQUE WAY!

②

3 boxes

'KEEP'

- intuitive knowing
- no second guessing
- absolute certainty

'1 YEAR TRIAL'

- not sure
- sentimental
- if think + needs be within the year
 - ↳ take back
 - ↳ keep
- store out of sight

'DONATIONS'

- ↳ charity shop
- ↳ second hand
- ↳ garage sale
- ↳ swap event with friends
- ↳ apps to resell
- ↳ specific things for specific organisations
- ↳ gifting to friends / loved ones

③

∞ time!
it's not about the number or the time it takes
it's about the feeling the things give you & how the time spent with the process ENRICHES your life experience your healing journey

