

# Minimalism Starter Checklist

**Brought to you by The Tidy Leaf**

*A step-by-step printable to help you start your minimalist journey today.*

## ✅ Declutter Your Space

- Clear one drawer
- Clean off your kitchen counters
- Donate 5 items you haven't used in 6+ months
- Declutter your wardrobe (keep only what you love + wear)
- Remove duplicates (mugs, tools, linens)

## ✅ Simplify Your Digital Life

- Delete unused apps
- Unsubscribe from 10 email lists
- Organize your desktop
- Unfollow 10 accounts that don't inspire you
- Turn off unnecessary notifications

## ✅ Simplify Your Finances

- Cancel at least 1 unused subscription
- Track all expenses for 7 days
- Create a "Needs vs Wants" list
- Set a simple monthly budget
- Use cash or a budgeting app for a week

## ✅ Clear Mental Clutter

- Journal for 5 minutes today
- Say "no" to one unnecessary commitment
- Take a 10-minute walk without your phone
- Meditate or do deep breathing for 2–5 minutes
- Identify your top 3 values

## ✅ Create New Minimalist Habits

- Practice "one in, one out" with purchases
- Declutter for 5 minutes a day
- Have a "buy nothing" week
- Choose a screen-free evening
- Reflect weekly on what you truly value

💡 **Tip:** You don't have to do it all at once. Pick 1–2 tasks per day and go at your own pace.