

5 Minimalist Systems That Will Improve Your Life:

Swipe 



30-Day Minimalist Challenge

(declutter your possessions)

Courtesy of:

Joshua Fields Millburn and Ryan Nicodemus



How it Works

1. Find a partner who wants to minimize with you
2. On day one, you get rid of one thing
3. On day two, you get rid of two things
4. And so on, and so on
5. Whoever goes the most days is the winner



The Hassle-Free Diet

(declutter your diet)

Courtesy of: Alex Hormozi



How it Works

1. Choose your goal (weight loss/gain, maintenance)
2. Find your daily calories (multiply your bodyweight by the corresponding number on the chart)
3. Find your protein intake (bodyweight in lbs x 1)
4. Choose your daily protein source and calculate the calories
5. Subtract that number from your total calories
6. Fill the remaining calories with whatever you want



The 5/25 Method

(declutter your goals)

Courtesy of: Warren Buffett



How it Works

1. Write down your top 25 goals
(career or otherwise)

2. Review your list and circle the top 5 goals

3. Now you have two lists:

List A - circled

List B - not circled

Avoid list B at all costs



50/30/20 Rule

(declutter your finances)

Courtesy of: Ben Meer



How it Works

Allocate your income to these buckets:

50% Needs

- Housing
- Food
- Transportation
- Basic Utilities
- Insurance

30% Wants

- Entertainment
- Travel
- Fashion/Gear

20% Savings

- Debt payments
- Emergency fund
- Retirement
- Investments

The Focused Phone

(declutter your phone)

Courtesy of: Me



How it Works

1. Phone in grayscale

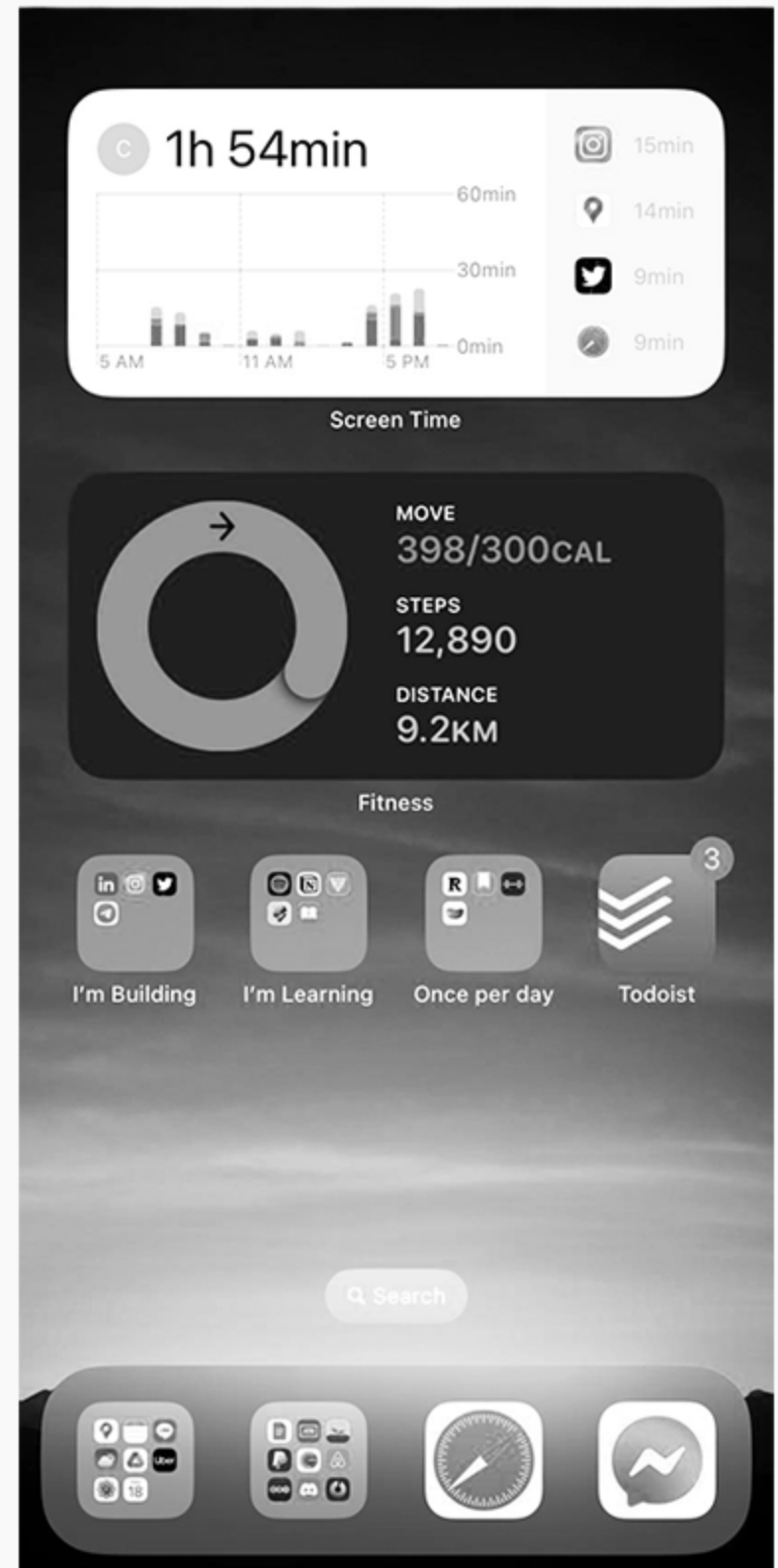
On iOS:

1. Go to Settings
2. Accessibility
3. Display & Text Size
4. Color Filters --> Grayscale

2. Screen time widget

+ another of your choosing

3. Organized folders for apps labeled by purpose



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