

A minimalist interior scene featuring a wooden chair with a curved backrest. On the chair's seat, there is a stack of three books. To the left of the chair, a potted plant with green leaves and a single bud is visible. The background is a plain, light-colored wall.

STEP-BY-STEP GUIDE

HOW TO BE COME A MINIMALIST

@EVERYTHINGFRYGAL



about me

"Hi there, my name is Bomecka and I am a single mother of two grown children. I was born in Grand Rapids, Michigan, but spent the majority of my childhood as a military child living in Germany for eight years. Growing up, my family always lived on a tight budget, and this experience instilled in me the importance of living frugally.

As an adult, I have continued to live a frugal lifestyle due to low income, but over time, what was once a necessity has turned into a passion. I have become a frugal fanatic and love finding new ways to save money and stretch my resources.

Through my experiences, I have learned that frugality is not just about saving money, but also about living a more intentional and fulfilling life. I am excited to share my knowledge and passion with others, and I hope to inspire and motivate others to live more frugally.

On this blog, you can expect to find tips, advice, and stories about my own frugal journey, as well as inspiration for your own journey towards a more intentional and fulfilling life. Thank you for joining me on this adventure!"



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chapter 01



What is Minimalism?

Minimalism is a lifestyle that has been gaining popularity in recent years, as more and more people are feeling overwhelmed by the constant barrage of information and possessions in their lives. At its core, minimalism is about simplifying your life by focusing on the things that truly matter and eliminating everything else.

For many people, minimalism is a reaction to the consumerist culture we live in. We're constantly bombarded with ads and messages telling us to buy more, consume more, and have more. But all of this excess comes at a cost. It takes up our time, our money, and our energy, leaving us feeling stressed and overwhelmed.

Minimalism is a way to push back against this culture of excess. By focusing on the things that truly matter, we can eliminate the excess and create a simpler, more intentional life.

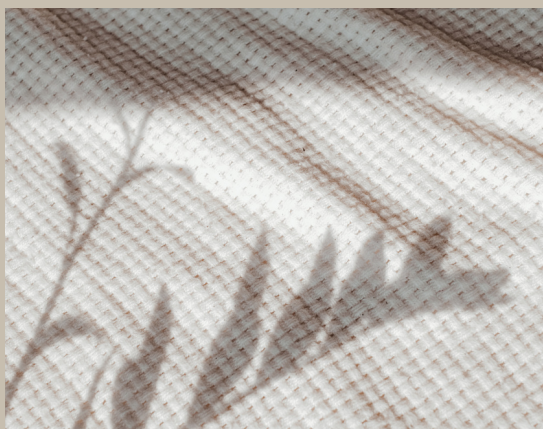
But minimalism is not just about getting rid of things. It's also about being intentional with what we do have. Instead of mindlessly consuming, minimalists focus on the things that add value to their lives. They prioritize experiences over possessions, and they're mindful of how they spend their time, money, and energy.

Minimalism can take many different forms, depending on the person. For some, it might mean living in a tiny house with only a few possessions. For others, it might mean simplifying their wardrobe, their schedule, or their digital life. The beauty of minimalism is that it can be customized to fit your own unique needs and values.

Ultimately, minimalism is about creating a life that's focused on what truly matters. By eliminating the excess and being intentional with what we do have, we can create a more fulfilling and purposeful life.



chapter 02



The Benefits of Minimalism

Living a minimalist lifestyle has many benefits that go beyond just having a cleaner and more organized living space. Here are some of the key benefits of minimalism:

- **Less stress:** When you have fewer possessions to worry about, you have less to stress about. You don't have to spend time cleaning, organizing, or maintaining all the things you own. This can lead to a greater sense of calm and peace in your life.
- **More time:** By simplifying your life, you free up more time for the things that truly matter to you. You don't have to spend as much time cleaning, shopping, or working to pay for all the things you own. This can give you more time to spend with your loved ones, pursue your hobbies, or simply relax and enjoy life.
- **More money:** When you stop buying things you don't need, you save money in the long run. You can put that money towards the things that truly matter to you, like experiences or investments in your future. Plus, you don't have to spend as much on storage, maintenance, or replacement of all the things you own.

- **More clarity:** By focusing on what's truly important to you, you gain clarity on your goals and priorities. You're not distracted by all the noise and clutter in your life, so you can focus on what really matters. This can help you make better decisions, set more meaningful goals, and live a more purposeful life.
- **Better relationships:** When you're not distracted by material possessions, you can focus more on building meaningful relationships with others. You have more time and energy to invest in your friendships and family relationships, and you're not as likely to feel like your possessions are more important than your relationships.

Overall, living a minimalist lifestyle can help you simplify your life, reduce stress, and focus on the things that truly matter. It's not just about having fewer possessions - it's about creating a life that's more intentional, fulfilling, and purposeful.



chapter 03



Getting Started with Minimalism

If you're interested in embracing a minimalist lifestyle, here are some tips to help you get started:

- Define your values: Minimalism is about living intentionally, so it's important to start by defining what's truly important to you. What are your core values and priorities in life? What brings you the most joy and fulfillment? Use these values as a guide as you start simplifying your life.
- Start small: Embracing minimalism doesn't mean you have to get rid of everything you own overnight. Start by decluttering one small area of your home, like your closet or your bookshelf. As you see the benefits of simplifying, you can gradually expand to other areas.
- Eliminate the excess: Look for things in your life that you don't need or use. Donate or sell items that no longer serve a purpose in your life. This can include clothes that don't fit or that you haven't worn in years, books you've already read, or kitchen gadgets you never use.

- Focus on experiences: Instead of spending money on material possessions, focus on experiences that will bring you joy and fulfillment. This could include traveling, trying new hobbies, or spending time with loved ones.
- Practice mindfulness: Be mindful of your purchases, your time, and your energy. Before buying something, ask yourself if it truly aligns with your values and priorities. Be intentional with how you spend your time and energy, and eliminate activities that don't bring you joy or fulfillment.
- Embrace gratitude: One of the key principles of minimalism is gratitude. Be grateful for what you have, and focus on the things that truly bring you joy and fulfillment. This can help you stay motivated as you simplify your life.

Remember, minimalism is not about perfection - it's about progress. Embrace the process of simplifying your life, and don't be too hard on yourself if you slip up. By focusing on what's truly important to you and eliminating the excess, you can create a more intentional and fulfilling life.



chapter 04



Maintaining a Minimalist Lifestyle

Once you've embraced a minimalist lifestyle, it's important to maintain it in the long term. Here are some tips for staying on track:

- Regularly declutter: Clutter has a way of creeping back into our lives, so it's important to regularly declutter and eliminate the excess. Set aside time every few months to go through your possessions and get rid of anything that no longer serves a purpose in your life.
- Be mindful of your purchases: Just because you've embraced minimalism doesn't mean you can never buy anything again. However, it's important to be mindful of your purchases and avoid buying things you don't need or won't use. Before making a purchase, ask yourself if it aligns with your values and priorities.
- Limit your consumption: One way to stay on track with minimalism is to limit your consumption of media and advertising. Avoid spending too much time on social media or watching TV, as these can encourage a desire for more material possessions.

- Practice gratitude: Gratitude is a key principle of minimalism, so it's important to continue practicing gratitude even after you've decluttered your possessions. Take time each day to reflect on what you're grateful for and focus on the things that truly bring you joy and fulfillment.
- Surround yourself with like-minded people: It can be difficult to maintain a minimalist lifestyle if you're surrounded by people who don't share your values. Try to connect with other minimalists, either online or in person, to stay motivated and inspired.
- Focus on experiences: Remember that minimalism is not just about getting rid of things - it's about creating a life that's more fulfilling and intentional. Focus on experiences that bring you joy and fulfillment, and spend time with loved ones instead of focusing on material possessions.

By following these tips, you can maintain a minimalist lifestyle in the long term and continue reaping the benefits of living intentionally and with purpose.





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"The things you own end
up owning you." -

Chuck Palahniuk

C o n c l u s i o n

In conclusion, adopting a minimalist lifestyle can have numerous benefits for your physical, mental, and emotional well-being. By decluttering your physical space, simplifying your schedule, and reducing your possessions, you can free up time, energy, and resources to focus on what truly matters to you.

Minimalism is not about depriving yourself or living a life of scarcity, but rather, it is a deliberate choice to live with less in order to create more space for the things that bring you joy and fulfillment. It's about identifying what truly matters to you and aligning your life with those values.

By minimizing distractions, you can also increase your focus, productivity, and creativity. You may find that you have more mental clarity and a greater sense of purpose when you are not constantly surrounded by excess or overwhelmed by clutter.

It's important to remember that minimalism is a journey, not a destination. It may take time to let go of old habits and beliefs that are no longer serving you, and that's okay. It's about progress, not perfection.

As you begin your minimalist journey, remember to be kind to yourself and celebrate the small victories along the way. Keep in mind that minimalism looks different for everyone and there is no one-size-fits-all approach. Experiment with different strategies and find what works best for you.

In the end, living a minimalist lifestyle can help you live a more intentional, fulfilling, and authentic life. It can bring a greater sense of peace and harmony to your life, and help you focus on the things that truly matter. So, take a deep breath, simplify, and enjoy the journey.

Special Section

W o r k b o o k



Starting a Minimalist Lifestyle

...sobre la
...olver en forma
...de evitar la repeti-
...unos de mis libros an-
...lector familiarizado con *El*
...tica y psicoanálisis y *Picoanálisis*
...contemporánea, quien encontrará
...libro muchas ideas expresadas ya
...una recapitulación. Presenta muchas ideas
...al, también las viejas adquieren a veces per-
...nuevas por el hecho de centrarse alre-
...el arte de amar.

”

"Minimalism is not a lack
of something. It's simply
the perfect amount of
something." - Nicholas
Burroughs

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WORKSHEET 1.1:

DEFINING YOUR VALUES

Instructions: Take some time to think about what's truly important to you in life. Write down your top five values, and explain why each one is important to you.

VALUE 1:

Why is this important to me?

VALUE 2:

Why is this important to me?

VALUE 3:

Why is this important to me?

VALUE 4:

Why is this important to me?

VALUE 5:

Why is this important to me?

WORKSHEET 1.2: IDENTIFYING YOUR TRIGGERS

INSTRUCTIONS: THINK ABOUT WHAT TRIGGERS YOUR DESIRE TO BUY OR ACCUMULATE MORE POSSESSIONS. WRITE DOWN THREE TRIGGERS, AND BRAINSTORM WAYS TO AVOID OR OVERCOME THEM.

NEW
MODELS / NEW STARS

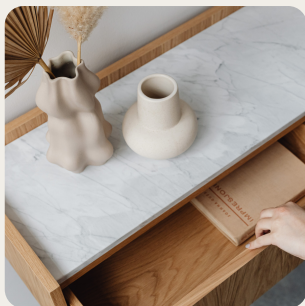


TRIGGER 1:

WAYS TO AVOID OR OVERCOME:

TRIGGER 2:

WAYS TO AVOID OR OVERCOME:



TRIGGER 3:

WAYS TO AVOID OR OVERCOME:

WORKSHEET 1.3: VISUALIZING YOUR IDEAL LIFESTYLE

INSTRUCTIONS: IMAGINE YOUR IDEAL MINIMALIST LIFESTYLE.
WRITE DOWN A DESCRIPTION OF WHAT IT LOOKS LIKE, AND
THINK ABOUT THE STEPS YOU CAN TAKE TO GET THERE.



The truth is
frequently
found
the side
of the

Description: _____ Steps to
take: _____

WORKSHEET 2.1: DECLUTTERING YOUR SPACE

INSTRUCTIONS: CHOOSE ONE AREA OF YOUR HOME TO DECLUTTER. THIS COULD BE A CLOSET, A BOOKSHELF, OR A KITCHEN DRAWER. GO THROUGH EACH ITEM IN THAT AREA AND ASK YOURSELF IF IT BRINGS YOU JOY OR SERVES A PURPOSE IN YOUR LIFE. IF NOT, DONATE OR SELL IT.

Area to declutter:

Items to get rid of:

Area to declutter:

Items to get rid of:

Area to declutter:

Items to get rid of:

Area to declutter:

Items to get rid of:



WORKSHEET 2.2: CREATING A CAPSULE WARDROBE

INSTRUCTIONS:

**TAKE A LOOK AT YOUR WARDROBE AND
CHOOSE A SET NUMBER OF ITEMS TO KEEP AS
YOUR CAPSULE WARDROBE. THIS COULD
INCLUDE TOPS, PANTS, SHOES, AND
ACCESSORIES. AIM TO KEEP YOUR WARDROBE
MINIMAL AND VERSATILE.**

Number of items in your capsule
wardrobe: - - - - -

Items in your capsule wardrobe:

- - - - -

WORKSHEET 2.3: SIMPLIFYING YOUR BEAUTY ROUTINE



Instructions:

Take a look at your beauty products and choose a set number to keep as your minimalist beauty routine. This could include makeup, skincare, and hair products. Aim to keep your routine minimal and effective.

Number of items in your minimalist
beauty routine: _____

Items in your minimalist beauty
routine: _____

WORKSHEET 3.1: MINDFUL SPENDING



Instructions: Before making a purchase, ask yourself if it aligns with your values and priorities. Use this worksheet to evaluate your next potential purchase.

Item to purchase: _____

Does this item align with my values? Yes / No If yes, how?

Do I truly need this item? Yes / No If no, why not?

Item to purchase: _____

Does this item align with my values? Yes / No If yes, how?

Do I truly need this item? Yes / No If no, why not?

WORKSHEET 3.2: REDUCING YOUR DIGITAL CLUTTER

Instructions:

Take a look at your digital devices and accounts.
Identify areas where you can reduce your digital clutter and simplify your online presence.

Digital clutter to reduce: _____

Steps to take: _____

Digital clutter to reduce: _____

Steps to take: _____

WORKSHEET: CREATING A MINIMALIST MEAL PLAN

Step 1:



Identify your dietary restrictions and preferences

- Are you vegetarian, vegan, or do you have any food allergies?
- What are your favorite foods?
- Are there any foods you don't enjoy?

Plan your meals for the week

- Choose a set number of meals to prepare for the week (e.g. 3-4 meals)
- Plan meals that can be made with minimal ingredients and are easy to prepare
- Include a variety of proteins, vegetables, and grains

Step 2:



Step 3:



Make a shopping list

- Based on your meal plan, create a shopping list of the ingredients you'll need
- Stick to your list and avoid buying unnecessary items

Meal prep

- Spend some time at the beginning of the week prepping ingredients and cooking meals in advance
- This will save time and make it easier to stick to your minimalist meal plan

Step 4:



Meal prep plan:

- What ingredients will you prep in advance?
- What meals will you cook in advance?

Step 4b:



Step 5:



Evaluate and adjust

- After trying out your minimalist meal plan, evaluate how it worked for you
- Were the meals satisfying and nutritious?
- Did you stick to your budget and minimize food waste?
- Make adjustments as needed to create a meal plan that works best for you

MEAL PLAN FOR THE WEEK:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIYAY

MEAL PLAN FOR THE WEEK:

SATURDAY

SUNDAY

NOTES

NOTES

NOTES

WORKSHEET 4.1: REGULAR DECLUTTERING

I n s t r u c t i o n s :

S e t a s i d e t i m e e v e r y f e w m o n t h s t o
d e c l u t t e r a n d e l i m i n a t e t h e e x c e s s i n
y o u r l i f e . U s e t h i s w o r k s h e e t t o t r a c k
y o u r p r o g r e s s a n d s t a y m o t i v a t e d .

Area to declutter:

Number of items to get rid of:

Date completed:

Area to declutter:

Number of items to get rid of:

Date completed:

Area to declutter:

Number of items to get rid of:

Date completed:

Area to declutter:

Number of items to get rid of:

Date completed:

WORKSHEET 4.2:

GRATITUDE JOURNAL

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

INSTRUCTIONS: TAKE TIME EACH DAY TO REFLECT ON WHAT YOU'RE GRATEFUL FOR. USE THIS WORKSHEET TO WRITE DOWN THREE THINGS YOU'RE GRATEFUL FOR EACH DAY.

want to learn more?

Are you interested in learning how to save money and live a more frugal lifestyle? If so, then you should check out EverythingFrugal.com. This website is filled with helpful tips and advice on how to cut costs and make the most of your resources. So whether you're looking to save money on groceries, find ways to lower your utility bills, or live a more minimalist lifestyle, EverythingFrugal.com has you covered. So if you want to start living more frugally and making your money go further, follow me on EverythingFrugal.com today!"



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