

THE MINIMALIST TO-DO LIST



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CLUTTER

ACCUMULATES FAST!

Sentimental sweetness can quickly erupt into full-blown clutter. Years of memories and sweet little knick-knacks, most of which tell a story in some way can make it overwhelming to figure out how to dive in, organize, and minimalize. So, here are a few tips to get you rolling:

BREATHE



Before



FOCUS ON ONE AREA AT A TIME

Don't feel like you have to take on a whole room. For most of us, there is a LOT to go through! The pantry, the drawers, the cupboards, the countertop, china cabinets, shelves...too much! So I encourage you to simply pick ONE of these to start with.

COMPLETELY CLEAR THE AREA

To get started, take
EVERYTHING off. Empty the
drawers. Clear the
countertops. Make it
completely bare. Then just sit
with it for a moment. Soak in
the emptiness before you fill
it up again.

BE VERY INTENTIONAL ON WHAT YOU PUT BACK

Ask yourself if you really need
to hold on to it. Do you need
15 teacups? If you entertain
sometimes, but not weekly,
could you possibly store some
in a closet vs. having them all
on display? Would these
make a perfect gift for your
tea-loving friend?

USE ALL YOUR RESOURCES

If you are holding on to it,
then you need to use it. If it is
furniture, utilize it. If it is a
knick-knack, truly appreciate
it and admire the simplicity of
just a few so it doesn't get lost
in the background. And if it is
an expendable item like
condiments in the fridge or
toiletries in the bathroom, use
it or chuck it.

This is super important. I
understand not being wasteful,
but don't hoard a little thing,
either. If it's been in your
shower for three months or in
your fridge for a month and it
hasn't been used, get rid of it.
Do NOT, I repeat, do NOT simply
hold on to it because it has
something in it. Give the
shampoo samples to a homeless
shelter. Throw the stinkin
condiments away.

GO ON A SPENDING FREEZE

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- Don't buy more unless you are completely out at home.
- Don't buy another knick knack when you are maxed for space in your home.
- Don't buy a piece of furniture unless you are clearing out something the same size.
- Don't get any more shampoo/makeup/condiments/any other expendable unless you are out of the last. If you don't use 5 shampoos at once, then you know you only need ONE.
- Go gift shopping in your own home FIRST. I'm all about having a "store" somewhere in your home - a closet or cupboard that you devote to your gifts. I love giving things to other people, and many times "one man's trash is another man's treasure."

Although you may have 15 teacups, your friend who loves tea may have just gone through a rough divorce and is looking for some comfort things to create her new home. Not only do you have a gift, she is able to hold the memory of having tea in the very same cup at your home.

Recycled gifts can be the sweetest treasures, so look around your home and see what you have that someone else may cherish just as much (or even more so).



SLEEP ON IT

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If you are hesitant about purging anything, don't be fearful of regret. Whatever you do not put back sort into three boxes - **trash, thrift, and gift**.

Let them sit for at least a week or so. Then go through one box at a time - first, the trash.

I cleaned only two pieces of furniture for my Mom recently and now had one box of trash and five large boxes for thrift and gift! **It's amazing how much STUFF can accumulate!**



READY TO GET STARTED?

Find more tips and inspiration:

- On the Mama Says Namaste Facebook Page - I have a Facebook Live on kids and minimalism. [Click here.](#)
- Join the Mama Says Namaste Facebook Group and join the conversation on this topic and others dealing with parenting, relationships and parenting. [Join now.](#)
- Check out the Podcast. I have a whole series devoted to Minimalism. [Click here to listen.](#)
- Check out my blog posts like "Minimalism is more than Ikea." [Click here for more.](#)
- Think you need a coach. [Click here](#) to contact me and let's talk!