

# THRIVING ON LESS

*A Minimalist Lifestyle For A More  
Fulfilling Life*

**CHECKLIST**

# Thriving On Less Checklist

The idea of thriving on less can sound complicated to many. I mean, how do you expect someone to thrive when there's "less"? Well, while this could get a bit fussy, there's actually no complication about making efforts to become more by doing less and to gain more by being simple. The idea of simplifying one's life and living less comes from the idea of "less is more" which expresses the beauty of simplicity and minimalism. These days, many of us are tired of doing too much because all of the things we do too much haven't even been able to provoke a significant change. So, why do we have to keep doing more when we can do less and be more?

# **Chapter 1: The Importance and Value of Living a Simple Life**

In today's modern world, the idea of living a simple life is getting more reception from people as its value is becoming significantly increased. Simple living is the act of creating space for what matters most and living with less. It's a habit. It's a mindset. And it's also a lifestyle. If you're tired of being discontent, feeling lost, broke, depressed, anxious, and stressed, a simple life can save you from all of these because simplicity does unlock lots of benefits that can never be underemphasized.

Simplicity helps to get rid of the garment of stress and constant chase that this overwhelming and unfulfilling modern life often tries to wear on everyone and it also teaches us to play our part in making our planet more habitable and secure for the coming generations, make wise daily decisions, live greener, and be resourceful.

Here are the surprising benefits of simplicity;

- Your finances improve
- You naturally avoid overreacting
- You strengthen your health
- Improved relationships
- More freedom
- You learn more about yourself
- Your life is less cluttered

## **Chapter 2: Demystifying Simplicity and Minimalism**

Sometimes, one gets confused if simplicity and minimalism refer to the same thing. But, is there a difference between these two terms? It's very easy to misconstrue simplicity with minimalism and this is simply because of the plenty of same characteristics that they share. Simplicity emphasizes the value of living a life that is uncompounded and uncomplicated. It's a lifestyle that encourages you to use what you have and it doesn't in its proper sense advocate that you should limit your possessions. Minimalism, however, focuses on reducing your possessions to as few as they can be.

These are the principles that a simple and minimalist lifestyle follows;

- Abundance is here
- Care for what we already possess
- Living slow and more present

- Honoring and preserving nature.
- Mindfulness and intentionality
- Freedom from possessions
- You choose your path
- Less worries, anxiety, and stress

## **Chapter 3: Challenges of Being a Minimalist and Simplifying Your Life**

Just like a friend said, "life comes with different strokes for different folks" and this saying justifies that life doesn't have a one-size-fits-all approach. While some people are only fascinated by accomplishing their next big career move and have their eyes fixed on nothing but work, some are only interested in immersing themselves in their hobbies. Likewise, we have people who choose to be maximalists, and, of course, there are minimalists who believe in the concept that less is more. And guess what? These two kinds of people are happy, as they define and derive their happiness in their own way. But permit me if I sound a bit biased — people who choose to live simple and be minimalist enjoy more happiness and peace of mind.

Here's why simple living is not so simple;

- Simple living requires introspection
- Simple living requires time
- Be ready for criticism
- Simple living isn't for everyone



## Chapter 4: How Perfectionism Affects Your Simplicity

One truth most of us don't like hearing is that we're all perfectionists of our own accord. We choose not to relent and never stop and we're driven to keep running because of how we're passionate about being excellent. We strive to keep to our high personal standards by spending a lot of time and attention on whatever we do and we keep setting high standards for ourselves by raising the bar higher. However, what we often miss out on is that perfectionism, when at a high degree, can make us scared of forging ahead, it can make us start setting unrealistic standards, and hinder us from being our best and living a simple life.

Here are a few tips to become a healthy perfectionist;

- Draw a line
- Be conscious of trade-offs

- Get a view of the big picture
- Set a time limit
- Be okay with mistakes

# **Chapter 5: Simple but Powerful Daily Routine for a Healthier Life**

Your routine is made up of your habits and it's one of the major factors that determine if you'll have a poorly-planned day or operate at peak efficiency. However, note that there are two major kinds of routines: draining, inefficient routines and energizing, time-saving routines. You have the choice to choose either of the two but it's advisable that you go for these energizing, time-saving routines because your productivity, well-being, and overall health can be improved by these healthy routines. You can set yourself up for success with an excellent daily routine but you'll be doing yourself more harm if you choose to keep open-ended schedules, go with the flow, and be adventurous by rejecting routines.

Routines are very important because;

- They make us more efficient
- They reduce our need to plan

- They create structure in our lives
- They help us save time, which is our most valuable resource
- They instill good habits and break bad habits
- They help us become more proficient
- They help us get the most important tasks done
- They reduce the need for determination and willpower
- They reduce the need for procrastination, reduce stress, and facilitate relaxation

# Chapter 6: Practicing the Gentle Art of Saying No

One of the reasons why a lot of people live a complicated life and find it difficult to adopt a simple lifestyle is because they cannot say no to certain things that keep stretching and making them more stressed. You have a high chance of becoming more productive when you learn the art of saying no. If you don't, you may not be able to get things done, you'll become worn out, and you'll keep taking on too many commitments, which can be quite draining. When you don't know how to say no, you're prone to becoming a serial people pleaser and you won't be able to live your life because you'll be so busy trying to live up to people's expectations and you'll be left with a jam-packed schedule that will often leave you unfulfilled and overwhelmed.

Here are ways to start saying no;

- Ask yourself if you're obligated
- Resist FOMO — Fear of Missing out

- Check your assumptions
- Don't be quick to agree
- Express your "No" with kindness and transparency

## **Chapter 7: How to Start Living in the Moment and Stop Worrying**

According to one of Buddha's quotes, a healthy mind and body is one who earnestly and wisely lives in the present moment and not one who anticipates troubles, worries about the future, and mourns for the past. Though living in the moment could be a bit challenging, you stand to enjoy an array of benefits if you can.

For you to start living in the moment, you need to find more clarity and balance by following these three simple steps;

- Overcome worrying
- Recognize obstacles to living in the moment
- Practice mindfulness

Here are more tips that can help you live in the present;

- Practice gratitude
- Tap into nature's rhythms
- Slow down and breathe
- Discover What You Want
- Focus on quality exercise and not quantity
- Work through emotional turbulence
- Spend quality time with your family every day
- Mix up your workspace
- Get enough sleep
- Enjoy a moment with a neighbor
- Tap into your creative self



# **Chapter 8: More Tips to Simplify Your Life**

When it comes to simplifying your life, there are certain areas of your life that you must pay attention to and simplify. To start living a life that's happier and more balanced and step into simple living, you must simplify these things;

- Your possessions
- Your time commitments
- Your goals
- Your negative thoughts
- Your debt
- Your words
- Your artificial ingredients
- Your screen time