

8 Minimalist Habits

Stay at inbox zero



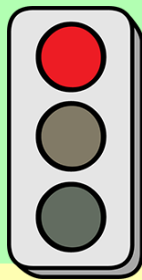
Follow the 1 In,
1 Out Rule



Use the 1% Rule to
curb impulse buys



Hide triggers for
bad habits



Establish a home
for every item



Simplify your
finances



Choose practical
materialism



Build a capsule
wardrobe



Dr. Kleinhirn.eu