

**a member-led discussion on**

**minimalism**

*with Meredith Marsh*



*At its core, minimalism is the intentional promotion of the things we most value and the removal of everything that distracts us from it.*

- Joshua Becker, *Becoming Minimalist*









*Tidying up is organized hoarding.*

- The Minimalists



**The “Why”**



# The “Why”

Before you start, establish the “why.” This is what will keep you going when the process gets difficult and uncomfortable and you feel like bailing out.







# Getting Started



**the minimalists**





**becoming minimalist**

**be more  
with less**



# **The 20x20 Rule**

# **True Cost of Ownership**

# **Sentimental Items**



# MINIMALISM

A DOCUMENTARY ABOUT THE IMPORTANT THINGS

[minimalismfilm.com](http://minimalismfilm.com)



# MINIMALISM

A DOCUMENTARY ABOUT THE IMPORTANT THINGS

[minimalismfilm.com](http://minimalismfilm.com)



# EVERY THING THAT REMAI NS



A MEMOIR BY  
**THE MINIMALISTS**

"Like Henry David Thoreau, but with Wi-Fi." —*Boston Globe*

"Living a better life...with less stuff." —*National Post*



# MINIMALISM

A DOCUMENTARY ABOUT THE IMPORTANT THINGS

[minimalismfilm.com](http://minimalismfilm.com)



# EVERY THING THAT REMAI NS

A MEMOIR BY  
THE MINIMALISTS



"Like Henry David Thoreau, but with Wi-Fi." —Boston Globe  
"Living a better life...with less stuff." —National Post

I CHALLENGE  
YOU  
TO THE  
30 DAY  
MINIMALISM GAME.

@ THE MINIMALISTS

**Get rid of one thing today.**

**blog post at  
meredith-marsh.com**





24/7 LOCKSMITH  
& INTERCOM  
1-800-892-9775

Brown

Brown

Brown

REEB

Let's Talk  
About  
Minimalism!

Intercom

**thank you!**