

9 Steps To Minimalism

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Step 1:

Become completely unsatisfied
and surrounded by junk.



Step 2:

Have a realization that you ~~don't~~
~~don't~~ don't need junk to be happy.



~~Step 1:~~

Step 3:

Digitize your media (books, tapes,
tax documents, love letters, etc.)

100111 01101001 0110110
01100101 01000000 0110101
01110000 01000000 011000
01101100 01101100 0100000
1111001 01101111 0110101
01110010 01000000 0111001
01110100 0110101 011001
01100110 01000000 0110001
100101 01000000 01100110
01110010 0110101 011001

Step 4:

Photograph your sentimental items.



Step 5:

Sell, donate and recycle.



Step 6:

Notice your lack of desire to
buy more junk.



Step 7:
Let go.



Step 8:

Enjoy free time, less debt and
the ability to focus.



Step 9:
Breathe.



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