CNQR.CO ELITE EQUIPMENT

MNMLSM

Minimal Living Checklist

So, You've Taken The Plunge.

Welcome to what may become a healthy, challenging, and ongoing process you can enjoy for the rest of your life. We recommend to read, "How Minimalism Can Quickly Improve Your Focus, Wealth, and Happiness", as well as "Eliminate 90% of Waste in Your Life with The Purge Minimalism Mission."

If you've gotten this far, then you may be ready for this minimal living checklist. Inside, you'll find a list of almost every item or skill you might need in each segment of your mind, body, & life. Of course, you are a unique and wonderful human. Some of these things may not be relevant to you, and you may have many things related to your passions and interests that you will add into this list.

Go through this checklist over the weekend, and combine it with The Purge. There may even be a few things on this list you don't have, but realize would be incredibly useful to you. Go out and grab it! Minimalism is not about elimination of as much as possible: it's about elimination of what's unnecessary. Good luck.

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LIFE

Clothing

Aim for one week of outfits before a laundry day. You may want to purchase clothing pieces that all compliment each other for maximum variety.

3x Pants
3x Tees
3x Oxfords or Dresses
Business Casual Shoes
Suit or Cocktail Dress
3x Pullovers
3x Shorts
3x Exercise Shirts
Exercise Shoes
Jacket
7x Sock Pairs
7x Underwear

Furniture

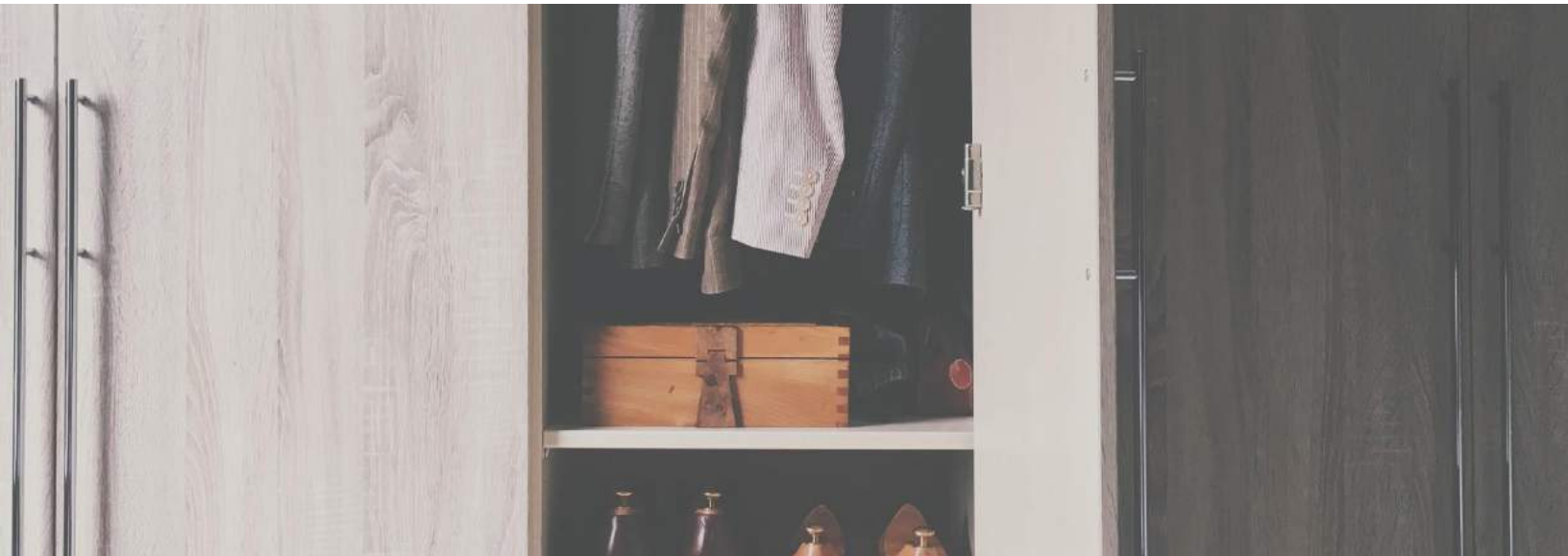
The best furniture is multi-purpose, durable, and comes with a story. Try craigslist or friendships for all the free furniture you need, as long as you haul it away.

Mattress
Dresser
Couch or Alternative
Kitchen Table & Chairs
Coffee Table
TV & Stand if Needed
3x Large Storage Tubs
3x Lighting Options
Desk & Chair

Kitchen

Depending on your lifestyle keep place settings for only 2-4 people. However, keep nice cookware. Cooking is a healthy and enjoyable hobby.

2x Large Plates
2x Bowls
2x Silverware Sets
2x Glasses, Mug
Pot
Pan
Skillet
Cutting Board
2x Fine Chef Knives
10x Medium Tupperware
3x Dishrags



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LIFE

Vehicle

First, think about biking as much as possible. Then, keep your car empty of all personal items, except for any tools you might need to keep you safe.

Sunglasses
Garbage Bag
Paper Towel Roll
Jumper Cables
Flashlight
Window Breaker
Sleeping Bag
Change of Clothes
Emergency Cash

Technology

Your computer and phone should work seamlessly together. Keep them clean, organized, and set up for maximum productivity. Here are a few recommendations.

Google Chrome
Google Drive
Google Calendar
Gmail
Google Maps
Blue Light Reduction App
Feedly (Combines Blogs)
iBooks or Kindle App
2x Banking & Budgeting App

Finances

Yes, even your financial management system can be streamlined. Use the following items to make sure you're living well while securing your financial future. Move from top to bottom as your finances grow.

Budgeting System
Automatic Savings Transfer
Emergency Savings of $1k
6-Months Expenses Saved
2x-3x Credit Cards for Points
Investment Fund
Real Estate Investments

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BODY

Nutrition

Your body is a machine, so give it the consistent fuel it needs: plants and animals. Have a Sunday shopping and cooking day, then ran and go for the rest of the week. Here are some efficient suggestions.

Eggs
Chicken
Steaks
Fish
Fresh Vegetables
Vegetable Steamer Bags
High Quality Protein Powder
High Quality Multivitamin
Fresh Fruit
Sandwich Meat
High Quality Cheese
Greek Yogurt

Adventure

Besides the energy and endorphins, a healthy body means you can have fun. Maybe you want to pick from these weekend adventures once a month to test and reset yourself.

Overnight Camping Trip
Long Distance Bike Ride
Kayak or Canoe Trip
Long Distance Hike
Urban Exploring
Archery or Rifle Practice
Obstacle Course Races
Martial Arts Classes

Fitness

Whether you are a beginner or veteran to fitness training, why do we make it so complicated? To be fit, lift stuff, run fast, stretch. Try these 20 minute routines 3x a week.

Squat 5 reps for 5 sets.
Up the weight by 5 every day.

5 sets of as many pull-ups as you can. Then, push-ups.

Run 1 mile at your best time, light jog mile 2. Or, 5 sprints of 50 yards.

Go through the full CNQR Flexibility Routine. Then, 5 sets of 5 planks.

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MIND

Habits

Building habits is a mental game. Go for adding in one at a time, and follow these tips as possible to make the process simple and effective.

Write a big X on a wall calendar each day.

Start extremely small. One minute meditation, 10 pushups, 1 page.

Tie your habits to strong emotions or they will never stick.

Health

Your mind and body both need the right rest & exercise to stay healthy. Some basic and consistent practices can keep you well.

Five minutes daily breathing deeply and counting breath.

Create a tasks system to run your life like a business. Use a CNQR sheet.

Journal daily, and talk kindly to yourself. Be your coach.

Snap a rubber band on your wrist when you catch yourself complaining about problems instead of discussing solutions.

Creating

We're so exhausted and unfulfilled all the time because we consume so much faster than we create. Off balance. Fill up your energy for life by creating with these easy hobbies.

Musical Instruments
Photography
Painting or Drawing
Reading
Writing
Volunteering
Startups
Teaching
Building
Vehicle Repair