

AI-03661 Minimalism Rules

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Here is a **cleaned, professional version**, followed by an **executive summary**, and then **22 distilled guidelines**.

Minimalism & Intentional Living: Key Principles and Practices

Professional Cleanup

1. Consistency Through the “No Two Misses” Rule

Avoid missing a habit twice in a row. Occasional lapses are normal, but repeated gaps break momentum. Set a personal limit (e.g., 2–3 days) to maintain long-term consistency.

2. The Nightly Reset Habit

Spend 5 minutes each night restoring order—clean dishes, clear surfaces, and put items back in place. This prevents clutter buildup and creates a calm start to the next day.

3. The 80/20 (House on Fire) Principle

You use a small percentage of your possessions most of the time. Identify and keep high-value items while eliminating the rarely used majority.

4. The 20/20 Decluttering Rule

If an item can be replaced in under \$20 and within 20 minutes, it is safe to let it go without fear of loss.

5. The Donation Box System

Maintain a box for unwanted items. Periodically donate its contents to ensure continuous decluttering.

6. Invest in Experiences, Not Things

Prioritize spending on freedom, memories, and meaningful experiences rather than material possessions.

7. Everything Has a Home

Assign a designated place for every item to prevent clutter and improve organization.

8. Work Smarter, Not Harder

Automate repetitive tasks and focus on high-impact efforts. Leverage tools and systems to save time.

9. Understand Trade-Offs

Every "yes" is a "no" to something else. Make decisions aligned with your priorities and values.

10. Schedule Time to Be Unavailable

Block distractions to enable deep work, reflection, or recovery.

11. Focus on One Priority at a Time

Avoid multitasking and scattered goals. Concentrate on the most impactful objective.

12. Reduce Decision Fatigue

Simplify routines and standardize choices to preserve mental energy for important decisions.

13. Avoid Sunk Cost Bias

Past investments should not dictate present decisions. Keep only what adds value now.

14. Build Identity Through Small Wins

Consistent small actions reinforce identity and lead to long-term transformation.

15. Embrace Exploration

Try new activities, ideas, and paths to discover what truly works for you.

16. Periodic Life Reset

Regularly reset areas of life (finances, habits, environment) to regain clarity and control.

17. Limit Social Media and Screen Time

Reduce digital noise to improve focus, well-being, and presence.

18. Engage in High-Quality Leisure

Replace passive consumption with meaningful, enriching activities.

19. The 90% Rule

If something isn't a strong "yes," treat it as a "no." Be selective with commitments.

20. Resist Default Trends

Avoid blindly following popular behavior; choose what aligns with your goals.

21. Practice "Upgradelessness"

Do not replace items unless necessary. Avoid unnecessary consumption.

22. Be Intentional and Value-Driven

Align time, money, and energy with long-term goals, health, and well-being.

Executive Summary

This framework presents a practical philosophy of **minimalism and intentional living** centered on clarity, discipline, and value alignment.

At its core, the system emphasizes:

- **Consistency over perfection** (habit rules, small wins)
- **Reduction of excess** (decluttering systems, ownership discipline)
- **Intentional decision-making** (trade-offs, 90% rule, value focus)
- **Time and attention optimization** (automation, deep work, reduced distractions)
- **Shift from consumption to meaning** (experiences, health, relationships)

By removing unnecessary physical, digital, and mental clutter, individuals can redirect resources toward what truly matters—**freedom, health, relationships, and purposeful work.**

The result is a lifestyle that is:

- Simpler
- More focused
- Less stressful
- More aligned with long-term fulfillment

22 Practical Guidelines

1. Never miss a habit twice; protect consistency at all costs.
2. Perform a 5-minute nightly reset to maintain order.
3. Identify and keep only the most frequently used items.
4. Let go of anything easily replaceable (20/20 rule).
5. Maintain a donation system for continuous decluttering.
6. Spend money on experiences rather than possessions.
7. Assign a specific place for every item you own.
8. Automate repetitive tasks to save time and energy.
9. Evaluate decisions by their hidden trade-offs.
10. Block uninterrupted time for deep work and recovery.

11. Focus on one high-impact goal at a time.
 12. Simplify routines to reduce decision fatigue.
 13. Ignore past costs when evaluating current value.
 14. Build identity through consistent small actions.
 15. Regularly explore new ideas and opportunities.
 16. Reset your habits, environment, and finances periodically.
 17. Limit social media and unnecessary screen exposure.
 18. Replace passive entertainment with meaningful activities.
 19. Say no to anything that isn't a strong "yes."
 20. Question popular trends and think independently.
 21. Avoid upgrading unless something is truly worn out.
 22. Align all resources—time, money, energy—with your core values.
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If you want, I can turn this into a **22-step implementation plan**, a **checklist**, or a **daily/weekly system** so you can actually apply it step-by-step.