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Beginner lessons for Digital Minimalism

Simplify Your Digital Life for Greater Focus and Joy

DEFINITION

> Digital minimalism is the practice of intentionally reducing digital distractions to enhance well-being. It encourages using technology purposefully and mindfully.

KEY CONCEPTS

Intentional Technology Use

Choose digital tools that align with your values and goals.

Digital Decluttering

Remove unnecessary apps and subscriptions to reduce distractions.

Scheduled Screen Time

Set specific times for checking devices to avoid constant interruptions.

Mindful Consumption

Be selective about the content you engage with online to enhance your experience.

Offline Activities

Engage in hobbies and activities that don't involve screens to enrich your life.

EXAMPLES

→ Delete social media apps for a month.

→ Set a timer for 30 minutes of focused work without distractions.

→ Establish a no-phone rule during meals.

MEMORY TIPS

★ Remember 'Less is More' to focus on quality over quantity.

★ Use the acronym 'DREAM' for Digital Decluttering: Decide, Remove, Engage, Assess, Maintain.

★ Visualize a clean digital space to reinforce the idea of simplicity.

COMMON MISTAKES

✗ Not setting clear boundaries for technology use.

✗ Failing to regularly review and update digital habits.

✗ Overcomplicating the process by trying to eliminate everything at once.

QUICK RECAP

Digital minimalism emphasizes intentional use of technology to improve focus and happiness. By decluttering your digital life and engaging mindfully, you can enhance your overall well-being.