

Day 0 — Embracing the Journey



“You’ve already taken the first step toward an awesome life by simply wanting one.” —
Sophia Amoruso

Congratulations, you’ve taken the first step!

Our goal at No Sidebar is to help you design a simple life.

We want to help you figure out what’s getting in your way, at home and at work. We want to help you let go of distractions, online and off. We want to help you turn down the noise that disrupts the quiet of your heart and soul.

Every morning over the next 30 days you’ll receive an email filled with words of encouragement along with recommended reading and a daily challenge.

Today is all about embracing the journey. After all, the journey *is* the reward.

You've already acknowledged you want a simpler, awesome life and that's a great place to be. It's time to take the steps that will bring you there.

Be prepared to experience some ups and downs along the way, but know that is perfectly normal and expected. Growth isn't always easy, is it?

Tomorrow you'll receive your first action email. In the meantime, take a deep breath and savor the next 30 days—our hope is that you won't regret them.

With you on this journey,

Brian Gardner
Founder of No Sidebar

P.S. We created a very special [private Facebook group](#) for members of this course. Feel free to drop by to say hello and introduce yourself.

Be sure you request access so we can approve you!

Day 1 — You Are Enough



“You don’t have to be more, or do more, or buy more to be who you are meant to be.” —
Melissa Camara Wilkins

When you begin a journey, there are two questions you should ask yourself:

1. Where am I going?
2. Do I think I can get there?

Question #1 is usually pretty obvious, though at times it’s possible we don’t always have a destination in mind. But the other question is typically much more profound, and sometimes includes many layers within the answer.

Do I think I can get there?

That's a question which can only be answered by you, but before you try, there are two more questions inside that to ask yourself:

1. Do I have the tools to get there?

And more importantly ...

2. Am I capable (or worthy) enough to endure the journey?

You can have all of the necessary tools you need, but if you don't believe in yourself, you might have a really tough time getting where you want to be.

Here's one very important thing for you to remember:

Your journey towards a simple life is your own.

It's about designing a life that's right for *you*. It's about crafting a way of living that *you* want to experience and with whom *you* want to be surrounded by.

In order to move forward with your plans to design a simple life, you need the confidence of knowing you're worth it—that the journey is worth it.

In the next few days, we'll be covering the basics of getting started. Where do you begin? How do you make a plan? Can this really work? Hint: Yes, it can.

Suggested Reading:

[What It Means to Be Enough](#) — Melissa Camara Wilkins

[You are Enough: A Manual for Being Your True Self](#) — Alexandra Hope Flood

[The Secret to Being Enough](#) — Julie Freidell

Daily Challenge:

Tell yourself 10 times throughout the day today “I am enough.”

Do it while you're driving to work, or while you're taking a shower. Say it while you're cooking a meal, or laying down in bed. Write yourself a sticky note or stand in front of a mirror and say the words. Most importantly, believe them.

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Brian Gardner

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Day 2 — The Benefits of a Simple Life



“Minimalism is not about your stuff, it’s about your spirit.” — Allison Fallon

Yesterday we talked about being confident in your journey towards a simple life. Today, we're going to discuss the benefits of that kind of life.

Before we get there, I love how The Minimalists define minimalism:

“Minimalism is a tool that can assist you in finding freedom. Freedom from fear. Freedom from worry. Freedom from overwhelm. Freedom from guilt. Freedom from depression. Freedom from the trappings of the consumer culture we’ve built our lives around. Real freedom.”

In short, it’s not just about your stuff, it’s about your spirit.

Yes, decluttering is something we preach at No Sidebar, and yes, ridding yourself of things that take up space or that you don't use is encouraged.

But we need to do more than that—we need to go deeper than that.

Simplicity for the heart and soul is about listening for what matters in life, and letting go of everything else. It's about unbusyng your schedule and making sure you have ample time to yourself. Because *you* matter.

The white space in our life is where the magic happens.

And when we give ourselves room to breathe, we give ourselves the opportunity to experience the real benefits minimalism has to offer—more time, clarity of mind, better health, and less stress to name a few.

Once we're at a better place and better state of mind, we can go through the process of decluttering. As Joshua Becker of *Becoming Minimalist* encourages, "There is more joy to be found owning less than can be found pursuing more."

Close your eyes ... and imagine a life free from debt, free from guilt, free from being busy and free from the burden of a house full of things.

That's your life, waiting to happen. Now go get it!

Suggested Reading:

[21 Benefits of Owning Less](#) — Joshua Becker

[7 Invisible Benefits of Living Simply](#) — Courtney Carver

[10 Benefits of Minimalism](#) — Allison Fallon

Daily Challenge:

Identify something that is getting in the way of the life you want to have.

Maybe it's a household item that is literally "in the way" or maybe it's something on your calendar. Be honest and ask yourself if it's something you really need, or if it's something you can do without.

If you find it's the latter, set it free—and don't look back.

With you on this journey,

Brian Gardner
Founder of No Sidebar

P.S. Head on over to our [private Facebook group](#) and let us know how things are going so far. We know it's only Day 2, but we want to be a part of each step.

Be sure you request access so we can approve you!

Day 3 — It's All About Gratitude



“Gratitude turns what we have into enough.” — Melody Beattie

In order to experience a life of fulfillment, we need to be content with the things that are in it. That includes people and also the things we own.

It means we need to feel blessed with what we do have, rather than feel robbed by what we don't have. So let's spend some time talking about gratitude.

Gratitude shifts our focus from what our life could be lacking to instead thinking of the abundance of goodness that is already present.

Studies have documented the social, physical and psychological benefits of gratitude. Gratitude brings us happiness, it reduces anxiety and depression, it helps us to sleep better at night and it strengthens our relationships.

How are you doing with your level of gratitude?

Most of us (myself included) could benefit from adding more gratitude and thankfulness into our life. Here are three ways to do that:

1. Begin a gratitude journal.

It might sound corny, but this will help focus your attention on the positive things in your life. Use this journal to record five things that you are grateful for each day and be open to sharing those items or the list with others.

If a specific person or event comes to mind, feel free to share it with that person. Send them a thank you note or an email to let them know you are thankful for them. Over time, you will have a short book of all the people and things that have brought joy to your day.

2. End your day with gratitude.

Our family began a bedtime ritual as we tucked our son into bed each night. Before we say our final goodnights, we each share our favorite part of the day and what we are grateful for.

My hope is that by doing this every night as a family our son will forever remember the importance of giving thanks and looking for the positive in each day. If you have kids, consider adding this to their bedtime routine. You might be surprised to hear some of their answers!

3. Say “thank you” to others as often as possible.

Just like “I love you,” those two words can make a difference in others lives. Let the people who you appreciate know they are appreciated.

Say “thank you” to the person who holds the door open for you. Say “thank you” to the person in the drive-thru window. Say “thank you” to your children when they complete a chore. Say “thank you” to a friend when they do something nice for you.

Gratitude makes others happy and gratitude makes us happy—everybody wins.

Suggested Reading:

[Why Living a Life of Gratitude Can Make You Happy](#) — Leo Babauta

[On Gratitude](#) — Tsh Oxenreider

[6 Steps to Find More Gratitude in Your Life](#) — Joshua Becker

Daily Challenge:

Pick one of the three ways above and begin to implement them into your life today. Notice how it makes you feel and how your perspective begins to shift as you focus on the good.

With you on this journey,

Brian Gardner
Founder of No Sidebar

P.S. We'd love to hear how the daily challenge went for you, so drop by the [private Facebook group](#) and share how you've implemented gratitude today.

Be sure you request access so we can approve you!

Day 4 — Learning to Say “No”



“The moment you realize how important time is, your entire perspective will change.” — Unknown

What are the first things that come to mind when you hear the word “minimalism?” Do you think about a clutter free and tidy home? Do you think about being intentional with your belongings or purchases?

How about your calendar or schedule? Have you thought about the importance on minimizing your busy calendars and time commitments? Do you consciously pick and choose between what activities will fill up your calendar and which ones to say “no” to?

Like many of you, I can think back to a time in my life where my calendar was full and felt to be never ending. Due to guilt and uneasiness, I had a hard time turning down any invitation that made its way to me and I just kept adding events into my already busy schedule.

What I realized was that sometimes a tiny little word (no) is the most difficult one to say. But it really should become a staple in our vocabulary and we should be able to say it without guilt or embarrassment.

Our calendars, and therefore our time, are one of the most important things in our life. We should be protective of it as much as we can. We need to realize that our time is valuable and we should hold it with the utmost of care. Our calendars and schedules need to be just that—ours.

Saying “no” to some things opens the door to saying “yes” to others.

Here's what best-selling author Michael Hyatt says about the matter:

“I have now resolved to say ‘no’ to everything unless there is a really, really compelling reason to say ‘yes.’ In other words, I have switched my default response from ‘yes’ to ‘no.’”

Now imagine having more time with the people you love and for all the experiences that will bring you pure joy and contentment. Imagine being able to savor a memory because you're not in a hurry trying to get to the next one.

A simple life is more than eliminating what we own, it's also eliminating what we do. Maintaining a healthy balance between doing things and having time to ourselves is just as important and the balance of things we own.

Suggested Reading:

[The Importance of Knowing When, and How, to Say No](#) — Brené Brown

[10 Guilt-Free Strategies for Saying No](#) — Amanda Hinnant

[The Perfect Way of Saying “No”](#) — Hilary Barnett

Daily Challenge:

If you are presented an invitation or opportunity to put something on your calendar today, consider saying “no” to it. Or take a look at the activities that are already on your calendar to see if there's something you can remove.

Today, and every other day, be purposeful with what you say “yes” to. Make sure it adds value to your life, and be sure to choose wisely.

With you on this journey,

Brian Gardner
Founder of No Sidebar

P.S. We'd love to hear how the daily challenge went for you, so drop by the [private Facebook group](#) and share what you were able to say “no” to.

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Day 5 — Digital Minimalism



“I think people spend too much time staring at screens and not enough time drinking wine, kissing, and dancing under the moon.” — Rachel Wolchin

According to Time Magazine, the average person looks at his or her phone 46 times every day. If you do it less than that, you can probably blame me for bumping the average up—admittedly I'm on my phone quite often.

What is it that draws us to pull it out and use it to pass the time? In my opinion, it's borderline addictive—and sometimes I feel it just downright is.

The statistics don't lie. In a recent study of 1,600 managers and professionals, a professor of leadership at the Harvard Business School, found that:

- 70% said they check their smartphone within an hour of getting up.
- 56% check their phone within an hour of going to sleep.
- 48% check over the weekend, including on Friday and Saturday nights.
- 51% check continuously during vacation.

- 44% said they would experience “a great deal of anxiety” if they lost their phone and couldn’t replace it for a week.

Perhaps it’s our desire to stay connected with the people in our lives, or maybe it’s because we feel disconnected with them. Either way, it’s painfully obvious that as a whole, we struggle with it. Here’s something for us to consider:

Put down your phone and pick up your life.

The same can be said of the other devices we own as well, such as tablets, laptops, and desktop computers. So how do we overcome this?

Of the [5 practices of digital minimalism](#) that Melissa Camara Wilkins writes about, here are three I’m personally working on:

1. Power down one evening per week.

This one in particular is difficult for me, as I always seem to find a reason (or one could call it excuse) to “check in” on my phone. Usually it’s email or social media, but I have to admit it’s tough. So I’m taking little steps by powering down for a couple hours a night instead.

2. Keep early mornings quiet.

I’ve been getting better at this, especially now that it’s in the middle of summer here in Chicago. I’m a runner, so it’s appealing to wake up and hit the trail first thing in the morning to avoid the heat. This allows me to start off my day by listening to music and enjoying the countryside as I run.

3. Adopt a “not at special events” policy.

We don’t attend many events that I’d consider special, but I try my best to purposely leave my phone alone. My son plays travel baseball, so in any given week I have 3-5 opportunities to power down. I’m not always successful, but we’re all a work in progress, right?

What do you think will work for you? How will you say “no” more often to your phone or tablet? More importantly, why should you do it?

Let's focus on encouraging each other to spend less time on our devices. I know it's difficult to completely avoid them—especially when the next thing in this email is “suggested reading”—but if we focus on *reducing* our screen time, we'll be heading in the right direction. Progress is a wonderful thing.

Suggested Reading:

[Downsize Your Digital Life](#) — Matt Madeiro

[Digital Minimalism: Life Beyond the Internet](#) — Melissa Camara Wilkins

[The Digital / Screen-Free Sabbatical](#) — Anthony Ongaro

Daily Challenge:

From the [practices of digital minimalism](#) article, pick one of them and give it the old college try. Don't try to overcommit by choosing more than one—the idea here is to start simple and take baby steps. Remember, just one.

After you've made your choice, drop by the [private Facebook group](#) and let us know what you chose. Accountability is right there waiting for you.

With you on this journey,

Brian Gardner
Founder of No Sidebar

Day 6 — Being Frugal



“The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less.” — Socrates

What comes to mind when you hear the word “frugal?” Does it sound self-limiting? Does it sound scary? Or unappealing? Or does it sound like a necessity in our world?

According to the dictionary, the word frugal means, “careful about spending money or using things when you do not need to: using money or supplies in a very careful way.”

It also means to be simple and plain. And while some may have negative reactions to the mere word, financial freedom and wise money spending are at the core of minimalism. Thus, being frugal plays a part in a simple life.

Because the reality is ...

Money doesn't buy happiness or contentment.

Money doesn't equal fulfillment or success.

Money doesn't solve your emotional problems.
Money doesn't give you a purpose.

Here are a few ways to incorporate being frugal into your life:

1. Be content with less.

In order for us to spend less and own less, we need to shift our mindset to being content with less. Living a meaningful life has nothing to do with how much money or how many possessions you have. Find the simple joy in what you have and be grateful for all that you have as well.

2. Don't get swept up into online shopping.

While shopping online or using online services can save us time and effort, be careful to only add items into your shopping cart that were on your initial list and that you need. I can think of a funny comic that shows a woman going into Target for one item and then leaving with fifteen things in her cart. Stay strong against the shopping temptation and stick to your list.

3. Track your spending and budget.

Tracking your spending is important as it will highlight where you are spending your money and also helps to keep yourself accountable for every purchase. You will find that you spend less money if you track everything you are buying. Once you have an idea as to where your money tends to go each month, create a budget that is appropriate with your income and goals.

4. Downsize your living space.

While you could afford a 5-bedroom house in an upscale neighborhood, aim to live below your means. If you are in the market for a new house, I challenge you to consider searching for something less than what you can afford. Not only is this a terrific way to be mindful of your spending, but it allows for you to save and be prepared for any unforeseen financial difficulties down the road.

5. Save, save, and save.

What a simple word that is. Whatever your goal is, save some money each and every month. Maybe you are looking to buy a new house in a year or so. Or maybe you are striving towards becoming a one-income family once the baby comes. Or maybe you'd like to spend some time traveling next summer. To help with your future goals, save a certain percentage each month. Maybe you start with just \$20 this month. Make it a goal to put money into a separate savings account each month.

Suggested Reading:

[Seven Hidden Benefits of Frugal Living](#) – Holly Johnson

[Best Money Tips: Hidden Benefits of Frugal Living](#) – Amy Lu

[5 Ways to Make Minimalism Work for Your Budget](#) – Sam Lustgarten

Daily Challenge:

Pick two tips mentioned above and incorporate them into your life. If you are already doing two, find a new one to add. It's a great time to start being frugal!

After you've made your choice, drop by the [private Facebook group](#) and let us know what you chose. Accountability is right there waiting for you.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 7 — Part-Time Minimalism



“You have succeeded in life when all you really want is only what you really need.” —
Vernon Howard

I have to admit I think about minimalism a lot.

I like to keep things simple and uncluttered in my own life, but is that what being a minimalist is really all about? Is it a movement or a specific way of living? Or purely a design preference? Could it be all of the above?

I hold myself up to people like Joshua Becker and The Minimalists and feel completely inferior when it comes to being a minimalist.

My story isn't one of selling everything I have to live in a tiny house somewhere in Montana. In fact, the reality is it's far from that. Neither my wife nor I drive hybrid cars, and neither one of us have less than 5 pairs of jeans.

I can't help but feel fraudulent from time to time, especially since I was talking about minimalism so much—but maybe I'm just being a bit oversensitive.

I wanted to find some answers because it was bothering me. I've been challenged a few times over social media about some decisions I've made. I wanted to know what the "real" definition of what minimalism was.

So I went straight to Google. I didn't have to dig deep to find the answer I was desperately hoping for, and one I suspected would be the case.

Fields Millburn, of the aforementioned duo The Minimalists, explains:

"For most minimalists, the idea is simply a gradual shift toward eliminating the unnecessary 'stuff' that clutters the mind and controls life. Irrespective of our backgrounds, we're all attempting to find a more meaningful life. Minimalism is a tool that can help."

I realize he's not the Godfather of minimalism, but based on the experience he has on the subject, his thoughts on it made me feel a whole lot better.

So what do you think? Is there such a thing called a "part-time" minimalist? Is it ok to be a work-in-action and not a "full-time" minimalist?

Whatever we call it, there are some benefits of minimalism. Here are five:

1. Decluttering helps people breathe.
2. Minimalism allows for refocusing.
3. Less stuff equals more money.
4. You have more time.
5. You have more energy.

In the coming days we'll go a little deeper with some of these benefits, and work towards establishing minimalism as a way of designing a simple life.

Suggested Reading:

[What IS minimalism?](#) — Dana Shultz

[Why "Minimalism" Should Be Your 2016 Resolution](#) — Paige Pope

[5 Reasons Why Minimalism is a Better Way of Life](#) — Brian Gardner

Daily Challenge:

Think deeply for ten minutes about one of the five benefits listed above. Try to hone in on what that benefit could mean in your life. The more you appreciate how a simple life can make you happy, the easier it will be to strive for it.

With you on this journey,

Brian Gardner
Founder of No Sidebar

Day 8 — Little Changes



“Paying attention to the small money leaks, while they are still leaks, will prevent them from becoming floods.” — Lama Farran

On Day 6, we talked about being frugal. To recap, the dictionary defines the word frugal as “careful about spending money or using things when you do not need to: using money or supplies in a very careful way.”

Today I want to share something from my own life that I've realized, and it's starting to make a big difference. And I think it can help you as well.

A couple of months ago, I was in our checking account performing an audit on where our money was going. I wanted to see if I could find a few expenses that could be cut from our budget.

I noticed a number of transactions from Starbucks that were just short of \$6.00. I knew this was a really good opportunity to cut something out.

I started to feel guilty about the amount of money I was spending at Starbucks for lattes, so I decided to go online to their store to do a little research—and boy was I thankful I did.

Here's the tl;dr (too long don't read) of the story:

We have Verismo machine from Starbucks, which is essentially an espresso machine using pre-packaged pods from their store. I'm not a barista, but I've been known to brew a decent latte at home using this machine. It's quite easy, and only takes a couple of minutes.

On sale were 12 ct. boxes of espresso pods, of which I purchased 8. The grand total of my order was \$63.68. If you do the math, that's a mere \$0.66 per pod.

Want to know how many pods are required for a home-brewed latte? One.

I use roughly 12 oz. of milk and a squirt of syrup, so let's round the cost up to \$1.00 per latte. This means I can save close to \$5 per latte by making it at home. (Not to mention I didn't add in the cost of gas to drive 15 minutes to our local Starbucks, which would easily make that savings more.)

Let's pretend I'm a caffeine junkie and go to Starbucks every day. By making my lattes at home, I'd be saving \$150 per month—all the while being able to (still) drink Starbucks every day. And depending on the day, some of the drinks I make taste better than theirs anyway. Grins.

The bottom line? Little changes can go a long way. Stop the leaking.

Suggested Reading:

[How to Cut Your Grocery Bill By Buying in Bulk](#) — Crystal Paine

[The Latte Factor: 8 Ways We Often Overspend](#) — Lama Farran

[5 Minimalist Secrets to Saving Money](#) — Daisy Shih Rosales

Daily Challenge:

Reread this email and let my story sink in.

Then open up your checking account transaction log and see if there are any places where you can do some magical things.

With you on this journey,

Brian Gardner
Founder of No Sidebar

Day 9 — Staying the Course



“Minimalism is a tool to rid yourself of life’s excess in favor of focusing on what’s important—so you can find happiness, fulfillment, and freedom.”

—The Minimalists

On the surface, the thought of being a minimalist seems quite simple. All you need to do is be frugal with your spending, live within your means, throw away (or donate) everything you don’t need and move into a tiny house.

What I just described is a stereotype that many have placed upon minimalism for some time. I confess that I’ve been guilty of this mindset myself, and it got to a point where I judged folks who claimed to be minimalists.

As I began to investigate minimalism, I quickly became intrigued—there was a part of me that resonated with the lifestyle I was looking into. The idea that less could be more and living without brings a life of joy was appealing to me.

I came to the conclusion that while being a minimalist is partly what I described above, it's also more than that. In fact, it's a lot more than that.

But just like working out and staying healthy, it's something that requires ongoing effort and a fundamental knowledge of how it should be maintained. We all have different living styles and needs within that, so for each of us the idea of being a minimalist looks different.

For some that might mean purging a bunch of stuff from their lives, and for some it might be just a slow progression of doing smaller things. Either way this is a decision and a journey we should embark on daily, rather than one time.

Here are five things to consider that will help you stay on course:

1. Minimalism allows you to practice gratitude.

Recent studies have shown that those of us who are regularly thankful and appreciative for the good in their lives are likely to be more physically active, feel more content in our day-to-day lives and suffer less health problems.

2. Writing down your goals will help you achieve them.

Why do you want to live a simpler life? What do you crave about it? You need to know the answers before you can make headway. What do you want from this change? Where do you feel the greatest need to slow down and simplify?

3. Creating white space will enable you to pursue what matters.

When you create white space in your life, you remove the distractions that get in the way of who you are and what you want to do. It's tough to move towards a goal if you have something weighing you down and holding you back.

4. Quiet time or meditation opens your mind to new things.

Quiet time brings perspective and peace, and leaves you feeling grounded and well-prepared for the day. Plunge in your immediate surroundings, actively think about what means the most to you, and treat yourself with some much needed me time so that you are better able to perform your daily tasks.

5. Unplugging your digital devices helps you enjoy moments.

Unplug your laptops, smartphones and tablets and see how liberating that feels. You need time to think and create yourself, and while these tools can be helpful in this regard, their overuse may cut you off from the life you long to have.

Suggested Reading:

[7 Places to Find Daily Inspiration for Minimalism](#) – Joshua Becker

[Use This Simple Daily Habit to Add More Gratitude to Your Life](#) – James Clear

[10 Life-Affirming Reasons to Live a Simple Life](#) – Brooke McAlary

Daily Challenge:

Think about your journey and if there is anything that knocks you off course. Is there anything that continually steers you away from the life you want to live?

If so, come up with a solution, and keep that at the forefront of your mind.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 10 — What to Do With Books?



“Simplicity is about subtracting the obvious and adding the meaningful.” — John Maeda

As we round out the first third of the course, I felt it was time to start designing a simple life on a more granular level.

If you are like my wife, you love a good book and eagerly await getting your hands on the next new novel. And while enjoying books doesn't sound like anything to worry about, it can leave you wondering what to do with all of them you have collected over the years.

Many minimalists recommend going all digital with their reading material, and while we do like to support the use of the Kindle and eBooks, that won't help my wife's quest to organize the books we already own.

The good news is there are some really practical (and creative) ways to use and sort through your books. Here are five of those ideas:

1. Use the books you've read as décor.

Book shelves can often be the first thing that comes to minds when we consider where to place books in our home. One way that we have incorporated the books in our house is to use them as décor. For example, we have books stacked on our foyer table with a pretty plant placed on top. We have books underneath a table lamp to help increase the lamp height. We also have books stacked on end tables, sofa tables and any place else that could use a pop of color. Use your books to add texture, color, or theme into a room of the house.

2. Sell the books you've already read.

While some of us cannot fathom the thought of selling our books, I would encourage you to locate the ones you no longer read, and either sell them in a garage sale, online or find a place that will purchase them from you. When our son reached the fifth grade, we sorted through his books and found ones well below his reading level and sold them to our local "Half-Priced Books" store.

3. Trade some of your books with a friend.

For those of us who cannot yet permanently sell our treasured books, consider trading books with a friend. This will give you the opportunity to read a new book (for free!) and also share your favorite reads with a friend.

4. Organize your books according to the room of the house.

Maybe old college books can be stored within a home office. Children's books should remain limited to their bedrooms or playrooms. Cooking books will remain in the kitchen and handyman books can make their way into the garage.

5. Sort between books you've read and those you haven't read.

In our family room, we have two baskets filled with books that my wife has read and are ready to be loaned or given to others looking for a new read. In the other two baskets, we have books that have either been given to us or ones recommended to us that she has not yet had a chance to read. This allows us to keep track of what books have been read and which ones are next in the queue.

Suggested Reading:

[Minimalism and Books: Tips on Letting Go](#) — No Sidebar

[I Got Rid of 2,000 Books and Started Reading More](#) — The Minimalists

[Breaking The Sentimental Attachment To Books](#) — Becoming Minimalist

[How to Let Go of Your Books](#) — Be More With Less

Daily Challenge:

If you have a large amount of books in your home, go through each tip above to determine the most appropriate placement of your books. You can also research the digital option of future books to save some space and also some money.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 11 — A Simple Lifestyle



“It is the sweet, simple things of life which are the real ones after all.”
— Laura Ingalls Wilder

It may seem easy at the beginning, but designing a simple life is something that requires ongoing work. Becoming a minimalist is a slow and time consuming process. Sometimes you find yourself stepping in and out of it because it can be quite overwhelming at times—the key is to stay the course.

Remember, being a minimalist is a state of mind, and not a set of rules. It can actually mean you have more of what you need, are able to enjoy everything you have and are not worried about what you don't have. All of that can help make living life a lot less stressful and can make it more fulfilling.

Here are five steps to building and maintaining a simple lifestyle:

1. Start using lists to organize your life.

Writing down your daily goals and objectives is a valuable exercise because it forces you to remember them. Otherwise, you might find yourself in the “out of sight, out of mind” conundrum. Not only should you write down the things you need to pick up at the store or things you need to do throughout the day, use lists as a way to keep your journey on track. Write down a list of things you want to do for yourself, and cross them out as they happen.

2. Specify a clutter-free zone in your home.

Francine Jay (Miss Minimalist) and author of *The Joy of Less: A Minimalist Guide to Declutter, Organize, and Simplify*, once said, “Your house is living space, not storage space.”

Sometimes it’s simply not practical (or feasible) to keep absolutely every room in your house tidy (sorry, Marie Kondo!) If you can’t pull off a complete clutter-free home, at least find one space in your house that isn’t littered with stuff. Maybe it’s a room in your house or a table in your living room. Even something as simple as a refrigerator door can make a difference. Remember, paying attention to small leaks helps prevent them from turning into floods.

3. Make the decision to travel lightly.

Traveling is one of the ways to renew your ambition of becoming a minimalist and living simply. The next time you take a trip, pack for 1/2 of what you usually would take with you. If you are traveling for 4 days, pack for 2. You can wash and hang clothes if you need to or wear the same things twice. You will notice how relaxing it feels to carry less baggage.

4. Consider going minimalist with your wardrobe.

You don’t need to purchase every item you like in a store. In fact, you probably only need a fraction of what you own. Truth be told, the average person is more likely to enjoy a smaller wardrobe than a larger one.

In my opinion, twenty pairs of jeans is fifteen too many. Do you really need that many? Can you get by with just handful of certain items that you can wear and wash once a week? I know I can. We’ll be talking about capsule wardrobes in a few days, so if you're up for the minimalist fashion challenge, stay tuned.

5. Eat healthy and focus on your wellness.

No matter where you are in your journey toward simple living, you want to have energy and focus for your next steps. We all want to be centered and strong as we move forward toward a life of less busyness, less clutter, less meaningless stuff—and more purpose, more clarity, more of what matters.

It's best to start by making small changes that will add up. This will allow you to gradually condition yourself to feel comfortable with your new routine. After all, we want to be healthy and present for our families. We want to have focus and creativity for our projects. We want energy for ourselves and for our lives.

Suggested Reading:

[Growing a Minimalist Wardrobe: Step 1](#) — Erin Boyle

[Travel Lightly and Be Where You Are](#) — Courtney Carver

[A Simple Guide to Wellness](#) — Melissa Camara Wilkins

Daily Challenge:

Go through the list above and pick one item you feel needs the most work in your life. Write down at least three things you can do to work towards that goal, and try to accomplish one of those things today.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 12 — The Capsule Wardrobe



“Twenty pairs of jeans is fifteen too many.” — Unknown

While capsule wardrobes have become trendy over the last year or so, many of us are still left wondering what they are and how we go about creating one.

After all, the idea of it sounds intriguing, doesn't it?

The term “capsule wardrobe” was created by London boutique owner, Susie Faux, to describe a minimal wardrobe consisting of 30 to 40 high-quality, versatile items that can be mixed and matched for a multitude of looks.

The size of your capsule is highly individualized, and there are no strict guidelines when it comes to building your mini wardrobe. There are, however, a few pieces of advice and steps to follow to help you along the way.

A common approach is to choose approximately 20-30 items for each three-month long season. Your items should include: tops, bottoms, dresses, outerwear and shoes. And to

help make life a little easier, these 20 items should not include: workout clothes, accessories, swimsuits, pajamas and loungewear.

But you might be asking yourself, “How do I start?”

Here are four steps to help get you started:

Step #1

Pull everything out of your closet and lay it on your bed or across your floor—and yes, we do mean everything. Once everything is out, sort through your items and put into three different categories:

1. Your favorite items. These are shirts and bottoms you don’t need to be convinced to wear and are often your “go to” outfit items. Put those right back into the closet.

2. Items you haven’t worn in a while. These are pieces you think you could possibly wear if all the stars align correctly, but they have collected some dust over the months. These items should be donated, given to a friend or tossed if not worthy of a donation. General rule of thumb is if you haven’t worn it in the past 6 months, it’s time to go.

3. Seasonal or “maybe” items. These are items like a rain jacket or items you’re just not sure what to do with. These items could be stored in your “maybe” box until you can make a full on decision about it.

Step #2

Wear only these 20-30 designated items for the full season and no shopping until you begin to get close to the next season. If you begin to feel a sense of panic that you could possibly need something, remind yourself this isn’t about making life harder—just the opposite. It’s about making things simpler and also allowing you to become more financially responsible.

Step #3

Enjoy your capsule wardrobe and the simplicity of determining what to wear. And remember, no buying new items mid season.

Step #4

During the last couple of weeks of the season, review your upcoming capsule and determine if there are any crucial pieces you would need to add. If possible, try to keep any new items limited to 5.

Some other tips? You should opt for neutral colors, since they're easier to mix-and-match. In addition, you should aim for layers of clothing to allow for new looks and combinations.

And if you're really ambitious and live in a climate which allows it, skip the seasonal approach and stick with your capsule wardrobe for an entire year

Suggested Reading:

[How to Build a Capsule Wardrobe](#) — Courtney Carver

[10 Capsule Wardrobe Essentials For Endless Outfit Options](#) — Catherine Beard

[How to Start a Capsule Wardrobe: A Guide for Beginners](#) — Lindsay Ostrom

Daily Challenge:

Consider a capsule wardrobe this week, and if you need additional inspiration, consider telling a friend about the idea and doing it together. If you don't think a capsule wardrobe is for you, at the very least, go through your closet and see if there are items of clothing you can give away or sell.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 13 — White Space Matters



“Margin is the gap between rest and exhaustion, the space between breathing freely and suffocating.” — Richard Swenson

Every day, more stuff comes into our lives: stuff in our houses, stuff on our calendars, stuff on our minds. All that stuff gets in the way of where we really want to go and who we really want to be—it’s time to make a change.

It’s time to get rid of the excess and focus on the essentials. It’s time for the clarity and peace of mind that come from paring down. It’s time for the freedom and confidence that come from making our own best choices.

In order to do that, we need to be at a good place in our life—one of clarity and one where we can think freely. Creating margin is essential in this process, and gives us the ability to execute on the things we want.

However, there's this thing called distraction, which has a tendency to get in the way of who we are and what we want to do with our life. It's usually a subtle thing—like the tide in an ocean—and before we know it, we're lost at sea.

The good news is we can easily change course and get ourselves back on track. In order to design a simple life, creating margin is essential—and the benefits of that margin are quite plentiful.

Here are five reasons why the white space in our life matters:

1. Eliminating the noise allows us to grow.

When you create white space in your life, you remove the distractions that get in the way of who you are and what you want to do. It's tough to move towards a goal if you have something weighing you down and holding you back.

2. We start seeing the things we've missed.

Once we get rid of the obstacles in our life—whether they be physical or emotional—we are able to see the road ahead of us more clearly.

3. Our movement towards authenticity develops.

With an open road ahead, we've given ourselves the space and time for reflection. In these moments, we have the opportunity to look inward and admit things that get missed in the busyness of our lives.

4. Understanding our priorities allows for opportunities.

When we know who we are, and what we are truly meant to do, we have the luxury of identifying which path we want to take in life.

5. We can recalibrate and develop a plan.

As we set out on our journey for an intentional and joy-filled life, we can do so with the confidence that our intentions are good and that we're living with the right people.

Suggested Reading:

[How to Create More Margin in Your Life](#) — Michael Hyatt

[Life's Missing White Space](#) — Leo Babauta

[The Importance of Reclaiming Margin in Your Life](#) — Andrea Eiken

Daily Challenge:

Find one area in your life you can make a change. Take one small step towards the life you dream of having, and experience the joy you desperately long for.

So turn it off. Put it down. Do not open it. And do not answer it.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 14 — Smaller Houses



“The secret of happiness, you see, is not found in seeking more, but in developing the capacity to enjoy less.” — Socrates

Have you ever considered downsizing your living space? Do you dream about living in a house or apartment that would allow you to free up your time, finances and energy?

There is a new social movement happening right here where people are choosing to downsize the space they live in. Are you intrigued?

Consider this fact. In 1950, the average size home was 983 square feet. Small homes were the norm for us. Fast forward to today. According to the U.S. Census Bureau data, the average size of a newly built home is approximately 2,657 square feet. That is a pretty substantial change, no?

While some of us have spent years saving up for our large dream house, here are 3 compelling reasons to purchase a smaller one instead.

1. Downsizing frees up your finances.

While this one might seem obvious, let's dig into this one a little bit more. Should you consider moving into a smaller house, your mortgage payments could be reduced by as much as 50%.

Property taxes and house insurance would also be lowered. All utility bills would decrease as it would cost less to heat, cool and power a smaller house. It also costs less to maintain and for any necessary repairs.

For example, a larger roof would be more expensive to replace than a smaller roof. Buying new carpet for a large house would be more expensive than a small house. From so many angles, a smaller house makes more sense financially and will take a smaller bite out of your paychecks for maintenance.

2. Downsizing provides freedom of time.

Having a smaller space will free up your time and calendar. You are spending less time on cleaning, organizing, maintaining, and repairing.

Have a desire to join a book club or spend more time with friends? Looking to take a couple of weeks each year for road trips and travel plans? You have more time in your days and years to allow you to experience life and cross items off of your bucket list.

3. Downsizing make it easier to live simply.

And that is our goal, yes? Compared to living in a large home, living in a smaller home forces you to make decisions about what you keep and what you instead sell or donate. As your space is limited, so is your opportunity to purchase or keep things that are no longer necessary.

The act of decluttering isn't just something that clears the physical space. It helps you realize how much you truly have, and you need less than you think. Simplifying causes us to be grateful and is a gift we can give ourselves. It shouldn't be complicated to get back to what matters most.

Remember, the less you own, the less owns you.

Suggested Reading:

[12 Reasons Why You'll Be Happier in a Smaller Home](#) — Joshua Becker

[Downsizing Your Home: 3 Money-Smart Reasons To Do It](#) — Dave Ramsey

[Life in a Tiny House: Why I Sold Everything I Owned](#) — Lauren Jade Martin

Daily Challenge:

Take a look at your monthly budget and see if there are any expenses you can downsize. Maybe it's cutting down your cable or telephone bill, or even cancelling that gym membership you no longer use.

Little changes add up to big changes.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 15 — Simplify, Simplify, Simplify



“Life is really simple, but we insist on making it complicated.” — Confucius

The past couple of years have been a journey towards simplifying our life. Whether it be our schedules, our possessions or what we spend money or time on, we have made the shift to live as simply and as purposefully as we can.

It hasn't always been an easy transition, but we have learned that being intentional with our actions has led us to a happier place.

One thing we've realized is that getting all of the things we thought we wanted actually complicated our life more than it helped it. Instead of always trying to get the next big thing, we started to think twice about it.

Here are some things we have learned along the way. We hope this encourages and inspires you to design a simple life in the way it has worked for us.

1. A morning routine allows you to start each day efficiently.

Personally, I think my day goes a lot better if I have a good start to the day and feel organized. Take a few minutes each night and plan out what you are going to wear tomorrow. Plan out what you will have for breakfast and do as much prep possible. Make sure the coffee maker is clean and ready to go. Pack your children's school bag so it's ready first thing.

2. Have a “do nothing” day scheduled each month.

While some of you may shudder at the mere thought of having a full calendar day with nothing specifically planned, think of it as a gift to yourself each month. This is a day where you can see what comes your way and what you would like to do without any expectations.

3. Review and declutter your bank account.

Like many of you, I have signed up for monthly membership fees for various services or products—and while some of these are valuable and valid, there are some that eat away at our bank account each month with no true purpose or need. Each month, scroll through your monthly expenses and determine if each one is worthwhile or if it's best to turn it off and cancel that membership.

4. Automate some of your bill payments.

As mentioned above, there are some valid monthly charges coming through our checking accounts such as our water bill, electric bill, or phone bill. If you have not done so already, set up these monthly bills automatically to save yourself time from writing out checks, buying stamps and from the hassle of remembering to pay them on time.

5. Utilize an online calendar or scheduler with reminders.

One of the best decisions that I made with regards to keeping my schedule organized and never missing an important task was to switch to an online schedule that is linked to my email and my phone. Every morning my calendar is set to email me all of the days activities and errands. In addition, reminders pop up on my phone as well.

There plenty of other things we have learned, but these are a few of the more practical ones that have helped us. We hope they work for you as well.

Suggested Reading:

[52 Obtainable Ways to Simplify Your Life](#) — Erica Layne

[The Best Reason to Simplify](#) — Alysa Bajenaru

[5 Ways to Simplify Your Life Today](#) — Regina Wong

Daily Challenge:

Take one of the things mentioned above and develop a plan of action today. List out the steps you need to take to accomplish your goal, and set up a realistic timeframe on when you think you'll be able to execute it.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 16 — Digital Life



“Sometimes I wonder if digitizing has really made things simpler. I wonder if I’m living my life as it happens, or if I’m watching my life through a screen on my phone.” —
Melissa Camara Wilkins

The world has been reduced to become a global village with the advent of interactive technology and advanced interfaces. We rely on social media apps for work and to connect with people so much that our actual interaction has become minimal compared to our virtual presence.

Technology is all around us. Computers, cell phones and everything else are all supposed to make our life easier. By always being connected, we think that we can do more, but this is not always true. At some point, we start to feel overwhelmed by all of the technology that surrounds us.

It’s time to take our power back.

If we fueled our bodies, hearts, and souls first before jumping into email or social media, we could focus on what matters most. Here are some tips that will help you prioritize your actual life over your virtual life:

1. Set your limits.

Create limits that ensure your mornings, evenings, or other times of the day are free of any social media surfing. Experiment with strategies and demonstrate flexibility until you find something that works for you. Be sure you set limits with your use for certain hours of the day or only with certain devices.

2. Turn off notifications.

If you get a notification every time someone likes your comment, you are setting yourself up for a day of distraction. You don't need to know the moment someone liked your photo or emailed you. Take control of social media by turning off the notifications and seeing new activity only at designated time.

3. Be brief and kind when you respond.

It is true most of the queries can be answered with only a few sentences, and getting right to the point demonstrates you want to get your point across and that you value everyone's time, including your own.

4. Value your digital space.

Make sure you give value to your personal space and family time. Filter out as much junk as you can from your social media, and make room for good stuff that can actually help you. If you want to connect, create and thrive, get out of your newsfeed and into your life.

Suggested Reading:

[10 Things to Do Right Now to Simplify Your Digital Life](#) — Taryn Williford

[Minimizing Digital Commitments](#) — Francine Jay

[How to Minimize the Digital Distractions in Our Life](#) — Anthony Ongaro

Daily Challenge:

Make a change in your daily routine this week. Start your day with an early morning run, reading a book, or journaling instead of checking your inbox and your notifications first thing in the morning—you'll be glad you did.

With you on this journey,

Brian Gardner
Founder of No Sidebar

Day 17 — Experiences, Not Things



“Fill your life with experiences, not things. Have stories to tell, not things to show.” — Unknown

Our family just came back from a 4-day trip downstate Illinois for my son’s travel baseball team—they were playing in the 11U World Series. They ended up playing 8 games, going 4-4 and came in 3rd place after a tough battle with a team two levels higher than they were.

We stayed at an inexpensive hotel, brought all of our beverages (kids these days go through Gatorades and waters at an alarming rate in the middle of summer!) and opted to make the trip as frugal as possible.

It didn’t cost a lot of money, but even if it cost us twice as much as it did, I can assure you it would have been more than worth it—because we made memories.

I love what The Minimalists say here:

“Your experiences build and strengthen the bond between you and the people you care about.”

And with this trip we bonded—as a family, and with a group of friends.

Our life is short, and our life is unique. We only have one shot at making the most of it, and I want to do just that. I want to spend my time and money on experiences that I’ll remember, rather than on things I’ll give away.

Over past year, I’ve realized three truths about the motto “experiences over things” that have really changed the way I look at life:

1. Experiences sometimes cost less than things.

You don’t need to take an extravagant vacation to some exotic destination to have a good time. There are options such as cruises and Disney World which can be filled with memories, but consider going on a hike or camping—those types of trips can be just as enjoyable while being a fraction of the cost.

2. Experiences help build deeper relationships.

Often when something special happens, those we love are with us. In many cases, there might be a trial surrounding the experience. In other words, we have to go through some pain (or even minor speed bumps) to get to a place of enjoyment—like weathering a few losses along with a few wins at a tournament.

3. Experiences are something you can do by yourself.

When you think of experiences, it’s easy to assume they have to involve a number of people—like a family, or a group of friends. Some of my favorite memories are of things I’ve done by myself. A few examples are day trips to a ski hill, running a half marathon or even going to a baseball game.

So my advice to you is this: focus on experiences, not things.

Suggested Reading:

[Gift Experiences, Not Stuff](#) — Joshua Fields Millburn

[Your Life is Too Valuable to Waste Chasing Possessions](#) — Joshua Becker

[How to Live an Abundant Life](#) — Hilary Barnett

Daily Challenge:

Open up your calendar and find a day you can book as an “experience” day. Be sure to include the people who matter to you—friends, family, or a partner. Remember, you don’t have to spend a lot of money for it to be special.

With you on this journey,

Brian Gardner
Founder of No Sidebar

Day 18 — Packing Light



“The more stuff you bring with you, the more complicated everything gets.” — Allison Fallon

A few years ago, I had the pleasure of spending an afternoon with Allison Fallon. She was in town promoting her book, [Packing Light](#), and wanted to meet up at Starbucks for a cup of coffee. Since then, we’ve become really close friends, but it was her story that really impacted me.

Allison realized a number of things were holding her back from what she believed was important in life. She decided to quit her full-time job, sold nearly everything she owned, and spent the next six months driving across the country.

She must have known I was traveling the following day, as she gave me a copy of the book with a heartfelt message inside. I had planned on waiting until I was on the plane to start reading the book, but I simply couldn’t wait.

I began reading it that night, and admit a lot of the same questions she asked herself are ones I've asked myself many times. I was excited to continue reading the book when I had some free time that weekend, but was hesitant to move forward since I wanted to internalize what I had read so far and sit within that.

Throughout the course of her journey, she learned some lessons about traveling—many of which pertain to all of life:

1. You can't take everything with you.
2. What you choose to bring matters.
3. You will have to leave some things behind.

I'm a firm believer that far too often we miss experiencing important things because we're too busy, or because we simply have too much stuff on our plate.

Take another look at the three lessons Allison learned on her journey, and consider if any of those resonate with you. I'm not talking about real baggage here, like clothing and other household items. I'm talking about emotional capacity, and whether or not we have the courage to admit our tanks are empty.

After getting through the first couple chapters of Allison's book, I had to stop in my tracks and do some thinking.

Why do I feel so busy in life? Why do I feel like I can't get it all done? Why do I feel like I'm living a life of quantity and not a life of quality?

These are some really good questions to ask—and they are ones that need to be answered honestly in order to start designing the life we truly want to have.

Suggested Reading:

[A Guide to Living With Less](#) — Careese Rials

[How to Live in the Land of Enough – Space](#) — Courtney Carver

[Simplify: Living at Home with Less](#) — Helena Alkhas

Daily Challenge:

Take a deep look inward and ask yourself if there is any excess baggage you are carrying. Is there room in your life for more? Are the margins in your life so small there's nothing left for adding things that bring value?

Open your suitcase and see what's weighing you down or holding you back. Remove the things you can do without, and add the things you can't.

Pack lightly, my friends.

With you on this journey,

Brian Gardner
Founder of No Sidebar

Day 19 — Tidying Up



“Human beings can only truly cherish a limited number of things at one time ... that is why I want to cherish properly the things I love, and that is why I have insisted on tidying so much of my life.” — Marie Kondo

When it comes to minimalism, so much of the conversation is about “stuff,” and simply about getting rid of it. We see it in aggregate terms—the accumulation of it, the piles, the clutter, the excess.

We are unable to see items individually, and it can be difficult to know how to relate to the things we actually choose to keep.

We tend to feel so much shame around how much stuff we have, and the whole process then becomes a practice in feeling bad. Reducing our material load isn’t going to do us any good if we do it out of a sense of guilt or obligation.

I love what Marie says in her book, *The Life Changing Magic of Tidying Up*:

“The question of what you want to own is actually the question of how you want to live your life.”

When you go through the process of tidying up, remember this:

Your home is living space, not storage space.

As much as tidying up is about what you own, it’s also about *you*—what you have, what you want, what you need, and what matters the most.

Here are three things to consider as you go through the decluttering process:

1. Classify the stuff you have.

As you declutter a room, you have to sort through all of the stuff. Bring in boxes and trash bags to help with this. When you look at something in a room, sort it into one of several categories: Necessities, Wants, Luxuries, Trash.

2. Simply get rid of your stuff.

One of the reasons that people do not get rid of stuff is they do not know what to do with it. There are many things in the home that are useful and that still work, but for some reason the people in the home have no need for them. They don’t want to throw these things away, so they keep them in a closet. Donate these things. Some organizations will come to the home to pick them up or you can drop them off. If you aren’t using it, then get rid of it.

3. Do not fill your home back up.

Many people do manage to get rid of stuff in their home only to fill it back up again. Make a commitment to keeping the home clutter free. Find a place for everything in the home and put it there. If you buy something new, remove something old. That will prevent the problem from reoccurring and causing you to go through this process again. Simple as that.

Suggested Reading:

[8 Lessons Our Editor Learned from the Decluttering Bible](#) — Cate Summers

[The life-changing magic of tidying up, six months later](#) — Anne Bogel

Tidying Up: A New Minimalism — Hilary Barnett

Daily Challenge:

Tidying up doesn't require you to do a mass purge of you the items you own. Go through your home and find one item you have been holding onto. Give it away, throw it away, or sell it. Who knows, you might find you are onto something.

With you on this journey,

Brian Gardner
Founder of No Sidebar

Day 20 — Intentional Decluttering



“The first step in crafting the life you want is to get rid of everything you don’t.” —
Joshua Becker

Cleaning out clutter can sometimes feel overwhelming, especially if we have let it accumulate for some time. It’s not uncommon for our dwellings to be taken over by “things” and for us to wonder how we got to this point.

If you look around your home and become stressed or uneasy with all there is, it is time to start decluttering. And to help you start the process, we have come up with 5 things to sort through and get rid of right away.

1. Old pairs of shoes.

If you have shoes that are beyond repair or missing its mate, then it is time to toss those shoes. On the opposite end, if you have shoes that are in good condition that you have not worn in the past 12 months, then consider donating to a thrift store or giving to a friend. While sorting through the pairs that you will keep, invest in a good shoe rack or a

shoe sorter that hangs on the back of a door to help keep them sorted and organized in one place.

2. Endless junk drawers.

We all have them. The key here is to have one and to keep it organized with only the necessary items. A good way to do this is to empty the contents of your drawer into a box. As you use the items, move them back into the drawer. After two months, any items left in your box you can donate or throw away.

3. Unused gifts.

This can be a hard one. While we appreciate the thoughtfulness behind gifts from family and friends, if there are some lying around the house that you just will not use or aren't your size or style, consider donating those items or selling.

4. Excess furniture.

As you walk through each room in your home, take note of any extra pieces of furniture that cause a room to feel too crowded or distracting. If you have extra rugs, wall hangings or chairs, you can donate those pieces or sell them to someone who could use them for their space.

5. Bathroom toiletries.

In every bathroom cabinet, you will find products you simply are not using. Maybe it's the old nail polish you think you might someday use again. Or the bottles of cologne that have aged and no longer appeal to you. Whatever the case, find the items you are no longer using and toss them. Less containers equal less clutter.

After tackling the above areas, you should begin to see your space in a different light. But please don't stop here. As you continue to evaluate your space, find other areas that might need a good decluttering. Other items that tend to clutter up our spaces are magazines, electronics and old items in the pantry.

Suggested Reading:

[Don't Just Declutter, De-own.](#) — Joshua Becker

[The Opposite of Hoarding](#) — Leslie Garrett

3 Unexpected Emotional Benefits of Decluttering —Melani Schweder

Daily Challenge:

The challenge for today is a bit different—I want to emphasize something important. Please read [The Opposite of Hoarding](#) that is suggested above. It's crucial to understand deep down what we're doing and why we're doing it.

With you on this journey,

Brian Gardner
Founder of No Sidebar

Day 21 — Minimizing Social Media



“Get our of your newsfeed and into your life.” — Unknown

Social media can be a really good thing. Social media can also be a really bad thing. Is this even possible?

Yes, I know it is, because there are days were I feel this way about it—and I hate to admit those days are probably more frequent than they should be.

As of July 2015, 76% of online adults use social networking sites. Young adults are the most likely to say they use social media sites, while men have recently caught up with women in overall social media use.

According to [Pew Research](#), among online adults:

- 72% use Facebook
- 25% use LinkedIn
- 23% use Twitter

- 31% use Pinterest
- 28% use Instagram
- 10% use Tumblr

No matter how you slice it, the average person uses social media. A lot. Like most things in life, these social media platforms are healthy when they are used in moderation. So let's keep it that way, ok?

Here are a few ways to keep your social media use in check:

1. Disable push notifications.

This one is critical for productivity, because they are easily the most distracting element of social media. Unless you have a very specific reason for having push notifications turned on, I encourage you to stay away from them. We check into our social media accounts more than we should anyway, do we really need a trigger for us to do it more often?

2. Check in once a day.

Ok, so this might be the most difficult and unrealistic suggestion to make, mainly because it just seems impossible. Maybe because I spend most of my day online as a result of my job do I find this hard to do, but the reality is that most folks don't have an "internet job" and can swallow this easier than I can. Nonetheless, the point here is to limit the amount of times you log into your social media accounts, rather than leave them endlessly accessible.

3. Limit your social media accounts.

I have met a few people who swear by "only one" social media account. Whether it be Facebook, Instagram, or Twitter, they have chosen to use one and only one. This obviously limits the amount of social media content to consume, which in turn limits the need to check in often.

4. Stay out of groups.

Facebook has this annoying reality that anyone can add you to a group, and that makes an easy doorway into social media obesity. Try your hardest to limit the amount of

Facebook groups you are in, because they can easily become a time suck. If you don't participate often, don't participate at all.

Suggested Reading:

[Simplify Your Social Media](#) — Courtney Carver

[Simplify the Internet](#) — Leo Babauta

[5 Key Benefits of Limiting Screen Time](#) — Sarah Beth Harris

Daily Challenge:

Pick one of the four items listed above and commit to doing it today. Whether it be disabling push notifications, checking in once a day, limiting your social media accounts or staying out of groups—find one that you can accomplish.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 22 — Own Your Decluttering



“Out of clutter, find simplicity. From discord, find harmony. In the middle of difficulty lies opportunity.” — Albert Einstein

When your home is filled with clutter, trying to tackle a mountain of “things” can be quite overwhelming. You might not know where to begin. And while there are some methods that work well for some, those same methods might not work for you.

Based on different lifestyles, schedules and personalities, we have created a list of four different ways to declutter your home.

1. Five minute purge.

Start with just five minutes a day. Pick an area of your house and spend five minutes every morning, afternoon or evening and declutter that space. It can take some time to hit all the areas in your house, but slow progress is better than no progress, right?

2. Mini-purge.

Since it can be stressful to purge everything at one time, some find it helpful to do what they call a “mini-purge.” This is where you focus on one specific area, such as a cabinet or a closet. Pull out all the items in that designated area and make decisions on each piece as to whether you keep it, toss it or donate it. Feel free to get your family involved and assign them a spot to declutter.

3. Schedule a decluttering weekend.

Take a look at your calendar and pick either one weekend day or the whole weekend to declutter. Write it on your calendar in ink and keep your appointment. You might not get the whole house decluttered in one weekend, but you will probably make a significant dent in what you own.

4. Choose a room.

Based on all of the feedback, this method does appear to be the most popular. If you are choosing this method, start with just one room of the house. Focus on that room for the next week. Open up every drawer, cabinet, and closet and sort through all of your belongings within that space. Once you have completed that room, move onto the next room.

Once you have begun to make significant headway into your clutter, you might wonder how to maintain it. Schedule a “throwing out” day every month to make sure that you don’t have clutter building back up. You can even schedule this day around your neighborhood garbage pick-up in case there are items that need to be tossed.

Suggested Reading:

[What NOT To Do When Decluttering Your Home](#) — Catrin Morris

[The 8-Step Process for Decluttering Your Space](#) — Marelisa Fabrega

[Are Your Possessions Holding You Back?](#) — Jeff McClung

Daily Challenge:

Pick one of the four methods above and begin to sort through your belongings and space. If you find that one of the methods isn’t working for you, choose another method to try.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 23 — No Regrets



“In the end, we only regret the chances we didn’t take, the relationships we were afraid to have, and the decisions we waited too long to make.” — Lewis Carroll

When we talk about designing a simple life, we have to assume we’re living with intention. After all, that kind of life doesn’t just happen—in fact, if anything happened automatically, it would probably be the opposite.

A life on cruise control has all the making of a life with regrets—and there is no better day than today to make a change. Are you with me so far?

Living a life with no regrets is easier than you think. Just stop what you’re doing and consider these five ways of doing things differently.

1. Mistakes are inevitable.

Nobody goes through life unscathed. Nobody. And that means each one of us will go through trials and tribulations—many of which will be our fault. Making mistakes is part

of life, it's that simple. The key, however, is to learn from them and make the most of those experiences.

2. Gratitude is crucial to happiness.

If you want to be happy, you have to be thankful. The good things in our life need to be appreciated, and those who bring good to our life need to be thanked. It feels kind of cyclical, and that's because it is. Tell those who have made a difference in your life that they have done just that.

3. Life is a journey, not a destination.

Yes, this is something we are told often—but do we really believe it? There are many times I have spent more time focusing on where I am going, rather than how I am getting there or what happens to me along the way. The people you meet, the places you go—those are the things that matter the most.

4. Don't procrastinate with things.

The old “when I get a round to it” ... as in round tuit. Our lives are filled with busyness and the procrastination method is all-consuming. Our calendars won't allow us to do the things we want, because they are filled with the things we don't. The longer you put them off, the more unhappy you will become. As Nike's famous motto goes, “Just do it.”

5. The golden rule always applies.

No matter what we have in life, we have more than we deserve. In fact, the same can probably be said for the way we are treated by those around us. So many times I have caught myself not treating others the way I want to be treated—and it's a pretty easy thing to do when it comes down to it. So put others first, treat them accordingly and enjoy the way life was meant to be.

Suggested Reading:

[10 Courageous Ways to Live Life Without Regrets](#) — Angel Chernoff

[Dealing with Regret: 8 Ways to Benefit and Move Forward](#) — Lori Deschene

[How to Live a Life with No Regrets](#) — Hilary Barnett

Daily Challenge:

Make a list of things that you have wanted to do, but haven't done yet. Put an asterisk by the ones you want to do first.

Now go do one of them. :-)

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 24 — Minimalism & Kids



“Minimalism isn’t about getting rid of all your stuff and living with barely anything. In a family, minimalism is really a conversation about what’s important.” — Leo Babauta

When it comes to life changes, there is nothing else that quite compares with having a child. The overwhelming responsibility of a life in your care, the love you haven’t felt before, and the mounds and mounds of stuff.

After making the decision to live a minimalist lifestyle, it’s important to communicate with your children why you’ve chosen it and how to include them in your decision. Not only will that help teach them a better way of life, it will also make them feel even more part of the family.

Here are a few simple tips to get the job done:

1. Be a role model—lead by example.

One of the easiest (or hardest) ways to teach your children about living a simple and minimalistic life is to model it for them. Both common sense and research have shown that children mimic their parents behavior when it comes to beliefs, behavior and attitude. As you go through your day, consider what it is that your children are seeing. Are they seeing a parent who makes wise decisions with regards to spending? Do they see you donate books, toys or clothing that you no longer need? Are they watching you live happily with less?

2. Teach them the benefits to saving money.

In a fun and age appropriate way, talk to your children about money and the importance of saving. For smaller children, you can teach them how to save without using money at all. For good behavior, you can give them tokens or stickers that they can save up for an ice cream treat or an extra bedtime story at a later time. For older children, consider using an empty clear mason jar as a piggy bank. I like using clear jars because it allows the kids to see the money and watch it grow over time.

3. Remind them it's okay to be different.

We live in a society that can often praise those with large houses, expensive cars, vacation homes and much more. We need to be the ones to instill in our children that more is not always better. That it is okay to be different, and the purposely live with less.

4. Have a clean-up song.

I remember when my son was in preschool, it was always expected at the end of the day for all of the kids to help clean up the toys and room. It was always done while singing a happy and fun “clean up” song that the kids thoroughly enjoyed. I loved this daily habit as it taught them the notion that a room and belongings should be organized and put away neatly at the end of each day. No clutter was allowed. They learned that all things should have a place and that their little hands can help keep rooms and toys organized.

Suggested Reading:

[How to Become Minimalist with Children](#) — Joshua Becker

[Living with 3 Teenagers in a 2 bedroom Apartment](#) — Rachel Jonat

[3 Things to Teach Your Kids About Minimalism](#) — Robin Shliakhau

Daily Challenge:

Have a conversation with your kids about minimalism. Explain the basics of it, and why you, specifically, want to do it. Once they understand the reasoning behind it, then they can take small steps themselves.

With you on this journey,

Brian Gardner
Founder of No Sidebar

Day 25 — Simple Travel



“He who would travel happily must travel light.” — Antoine de Saint-Exupery

Summer break, school breaks, and holidays are popular times to travel with the family. These are when memories are made, and experiences not forgotten.

Vacations, however, have a tendency to become overbooked and busy. They sometimes turn into something you need a vacation to recover from.

Even packing and preparing for them can sometimes turn into a tedious project. Whether you are flying to your destination or taking a quick road trip, here are some tips in making your trip simple, easy, and more organized.

1. Plan your packing.

One week before you travel, begin to make rough draft packing lists for each member of the family. Feel free to edit these lists over the next few days as you think of other items

to bring or when you change your mind on an item already on the list. Two days before you leave, set aside a specific area and begin to gather the items on the list.

If you are traveling with kids, consider asking them for help and give them easy items off the list to find and bring to you. For parents, one piece of advice is to use large zipper food storage bags to pack a complete outfit for a single day. Not only does this allow for quick access to clothes in the morning, but you can tuck the dirty clothes in the same bag to separate the clean from the dirty.

2. Lighten the load.

If you are a chronic overpacker, consider downsizing your luggage size to force you to pack less. Not only will this challenge you to pack less than what you are tempted to do, but if you can pack in a carry-on, you will also eliminate any airline cost to check in the bag.

3. Make room for snacks.

We all know that buying snacks at the airport or on the go is more expensive than if you bring your own. It is also healthier when you are choosing items from your own pantry rather than from a convenient store, so give it a try and bring some stuff with you to cut down the cost of traveling.

4. Decide on in-flight or in car entertainment.

Depending on the length of your plane or car ride, consider two options for entertainment for that time period. To minimize expenses, I often ask friends to loan out a good book to me that I will promptly return after the trip.

5. Slow down.

It is not uncommon for people to return from vacation more tired than what they were when they started. When planning your trip, schedule a day to relax and not adhere to a busy schedule. You can also plan for your big activity in the morning when everyone is refreshed and then plan for quieter events in the evening.

Suggested Reading:

[36 Great Tips for Keeping Travel as Simple as Possible](#) — Leo Babauta

[The Art of Simple Travel](#) — Tsh Oxenreider

[3 Simple Tips for Packing Your Carry-on](#) — Alaina Kaczmarski

Daily Challenge:

Do you have any vacations coming up that you'll need to pack and prepare for? Even if it's a weekend road trip to see some family, you still need to plan for that. If you do, make a list of things you need to bring with you, and see if you can trim that down and only bring what's necessary.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 26 — Recommended Books



“This is it—the book that will change your life with a surprisingly simple solution: Less can actually mean more. A whole lot more.” — Jeff Goins

One of the most effective ways for kids in school to learn is the good old-fashioned textbook. It is scientifically proven that we retain information the most when it is read—so we’re thankful books exist.

Speaking of, there are a lot of wonderful authors in our space, and they have written some pretty amazing books. Many of them have made a difference in my life, and I am certain they can be just as impactful in yours.

Here are five books I think you will enjoy, but more importantly will help you in your journey to design a simple life.

1. The More of Less — Joshua Becker

The book delivers an empowering plan for living more by owning less. With practical suggestions and encouragement to personalize your own minimalist style, Joshua shows you why minimizing possessions is the best way to maximize life.

2. The Life-Changing Magic of Tidying Up — Marie Kondo

This #1 New York Times best-selling guide to decluttering your home from Japanese cleaning consultant Marie Kondo takes readers step-by-step through her revolutionary KonMari Method for simplifying, organizing, and storing.

3. Chasing Slow — Erin Loechner

In Chasing Slow, Erin turns away from fast and fame and frenzy. Follow along as she blazes the trail toward a new-fashioned lifestyle—one that will refresh your perspective, renew your priorities, and shift your focus to the journey that matters most.

4. Essentialism: The Disciplined Pursuit of Less — Greg McKeown

Essentialism is not one more thing — it’s a whole new way of doing everything. A must-read for any leader or individual who wants to learn how to do less, but better, in every area of their lives, Essentialism is a movement whose time has come.

5. Organized Simplicity — Tsh Oxenreider

Organized Simplicity’s aim is to convince its readers that simple living is the best way to live. Be it with managing the “stuff” you allow within your four walls, the only way to live well is to do so intentionally and simply.

Don’t forget what we suggested earlier in the course. After you are finished with any of the books you read, consider passing them along to a friend, donating them, or selling them to a discounted book store. Pay it forward.

Suggested Reading:

[How Brené Brown Challenged My View on Minimalism](#) — Robin Shliakhau

[Tidying Up: A New Minimalism](#) — Hilary Barnett

[The More of Less](#) — Brian Gardner

Daily Challenge:

Take a look at the [books we recommend](#) at No Sidebar. See if any of them appeal to you, and if so, grab yourself a copy (yes, today!) and start reading.

With you on this journey,

Brian Gardner
Founder of No Sidebar

Day 27 — Fear of Missing Out



“When you fear missing out, you’re missing the moment.” — Unknown

Have you ever felt like no matter how hard you try, how adeptly you network, how much you push to be at every social event where everyone (who is anyone) would be—you just can’t keep up?

Maybe you have been at a meeting or event, scrolling through Instagram, when you realize there is yet another place where you want or need to be.

If this sounds at all familiar to you, you might have what has become commonly known as the fear of missing out, or FOMO.

It seems counter-intuitive, since it is conceivable a fear of missing out could drive us to do more, move faster and drive harder to accomplish more. But research shows FOMO has the opposite effect. It actually slows us down, limits our ability to engage and prevents us from living the life we want to live.

Here are a few reasons the fear of missing out gets in the way:

1. It kills our self-confidence.

When you are constantly comparing your career, family and progress with those around you, it's no surprise you would lose confidence in your own ability to accomplish anything noteworthy in any of those areas of your life.

No matter how much progress you make in your career, it's hard to celebrate your success when someone else is celebrating a victory even more seemingly impressive than yours. No matter how beautiful your most recent family photo is, it's difficult to appreciate it when there are a dozen other beautiful families rolling through your social media feeds.

2. It steals our ability to engage where we are.

Our fear of missing out has us constantly looking outside of this moment for something different happening, somewhere else.

The end result is ultimately unhappiness.

When we don't engage where we are, we feel dissatisfied. When we feel dissatisfied, we assume we must be missing something. When we assume we must be missing something, we disengage from our current moment even further. And the vicious cycle continues.

The longer we allow this to continue, the more this depressed state settles in and the less likely we are to feel motivated toward what matters.

3. It urges us to underestimate our accomplishments.

Some of the most beautiful things in life are simple things: quiet moments at home with your family. An impromptu lunch out with a friend. An unplanned or unexpected conversation with a stranger in the grocery store. A handmade gift from your son or daughter.

The fear of missing out causes us to miss these things completely, if only because it has us focused on bigger and "better" things on the horizon. If we aren't able to see the good

things already present in our lives, at the end of the day, we run the risk of feeling like our efforts don't matter.

Suggested Reading:

[How to Be a Minimalist Without Missing Out](#) — Courtney Carver

[The Joy of Missing Out \(JOMO\)](#) — Michael Ofei

[How To Simplify Your Life And Say Goodbye To FOMO](#) — Andrew Syrios

Daily Challenge:

Consider if there are any areas in your life where the fear of missing out is preventing you from doing something else you want to do. Perhaps you have activities on your schedule you wish you didn't have to attend, but are going because of the fear of missing out. Cancel them. Don't go. Simple as that.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 28 — Grocery Shopping



“I choose less, so I can have more.” — Melissa Camara Wilkins

When we talk about designing a simple life, we are talking about more than just the things we own—we talk about the habits we have, the things we put on our schedule, and also the things we consider necessities.

Grocery shopping is something we all have in common. It is also one area where we spend a lot more than we need to. Whether it be dining out more than our budgets say is appropriate or buying excess at the supermarket, the issue remains that we overindulge in areas of our life where we shouldn't.

To help you save money, we came up with five strategies to help lower your weekly grocery store bill.

1. Only buy things on your list.

Before making the trip to the grocery store, create a list of the items you need based on your meal plans for the week. You can easily use paper/pen to create the list, but our household uses an app for that called AnyList that allows any of us to access the list and edit it at any time. While there might be an item that we forget to add onto the list, we do try to solely stick to the list. This ensures that we are not making an quick impulse buying of items that we truly do not need.

2. Pay with cash.

We all know that you are prone to spending more money if you are using a credit card. This is one of the many reasons why stores offer to provide you with a store credit card. One way to sidestep this pitfall is to only bring in enough cash for your grocery bill. Based on your grocery list you created in step one, determine a set amount of cash that you will need to complete the list. What is good about using cash is that if you only bring \$40, you can't spend \$41.

3. Make sacrifices.

While it is very tempting to go out and indulge in a delicious cheeseburger or restaurant style salad, choose to make and pack your lunch everyday. If we are on a journey to create a simple lifestyle, a sandwich or homemade salad are great options. With that being said, anything homemade is going to be cheaper with an added benefit of being healthier as well.

4. Go for price, not brand.

I used to purchase items based solely off of brand. I would choose the brands that I recognized the most from commercials, magazine ads or those I knew from growing up. But what I have learned is that a store brand of pasta sauce is the same (if not better!) than the higher priced brand name. Shop based on pricing, rather than how popular the name brand is.

5. Grow your own food.

Growing your own food has multiple benefits. The most obvious reason to grow your own food is that it will be more cost effective. Seeds, sun and soil are not expensive and does not require a lot of equipment. Not only is it a cheaper method to gather your vegetables, fruits and herbs, but it is also healthier.

You have complete control over what (if any) types of pesticides you use and the nutritional value will be higher when it is freshly picked. Growing your own food is also a big influence as to how many fruits and vegetables you eat. If you readily have cucumbers or salad or raspberries within reach, those will become a larger part of your meal planning.

Suggested Reading:

[The Minimalist Guide to Grocery Shopping](#) — Shannon Brown

[How to do Healthy Vegan Food Shopping Like a Pro](#) — Masa Ofei

[A Simple Guide to Wellness](#) — Melissa Camara Wilkins

Daily Challenge:

Make a list of things that you need from the grocery store, and take a trip there today. With the suggestions we made still fresh in your head, see if you change the way you go grocery shopping. Do it today, before the magic wears off.

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 29 — Journaling



“Small matters, small gets you started, and small adds up.”

— Melissa Camara Wilkins

One of the best ways to process your journey towards a simple life is journaling. Journals help you have a better connection with your values, your emotions, and your personal goals, and they help you keep track of personal development.

The reality is this: life happens fast—too fast, actually—and we seldom take the time to stop and look at what’s happening around us. By keeping a journal, we leave a footprint for us to remember how each moment made us feel.

There are plenty of reasons for them, but here are five very specific things we think are worthwhile writing about:

1. Write about gratitude.

Focusing on the things we are thankful for is a great way to remove ourselves—and our selfishness—from the equation. We place importance on others, and that is something we probably don't do as often as we should. Going through the process of writing down these things should result in greater retention, which means we have a better chance of remembering how blessed we are.

2. Remember the little things.

I love what Melissa Camara Wilkins says here: “Small matters, small gets you started, and small adds up.”

If you ask me, this can't be any truer. I think far too many times we try to place emphasis on the “bigger” things in life, and we end up forgetting how important all of the little things are. They add up, and writing them down in a journal is a surefire way to never forget. After all, simple is, as simple does.

3. Why you are enough.

Your journey towards a simple life is your own. It's about designing a life that's right for you. It's about crafting a way of living that you want to experience and with whom you want to be surrounded by. Your journal is a place to share (with yourself, of course) the reasons why you deserve a life filled with happiness. It's a place to remind yourself of this one very important thing—you *are* enough.

4. The magic of white space.

I am a firm believer in this: white space is where the magic happens. I've shared this idea many times, both in my writing over at No Sidebar as well as creating various sharable images on our Facebook page. The unobstructed quiet time we give ourselves is the perfect chance to slow down. When we slow down, we give ourselves the opportunity to learn, to be grateful, and to live with intention.

5. Document your experiences.

Our life is short, and our life is unique. We only have one shot at making the most of it, and we should want to do just that. We should spend our time and money on experiences that we'll remember, rather than on things we'll give away. And these are among the things we should be writing about.

Suggested Reading:

[Develop a Writing Practice that Works for You](#) — Melissa Camara Wilkins

[8 Reasons Keeping a Journal Can Help You Reach Your Goals](#) — Joshua Becker

[A Gratitude Journal Exercise You Might Enjoy](#) — Eliza Cross

Daily Challenge:

Time for some fun, so no real challenge today.

We have collaborated with our friends at [Curio Paper](#) to handcraft a very special journal. As promised, you'll have the first opportunity to get your hands on one.

[Click here to visit our Etsy store to purchase the journal.](#)

With you on this journey,

Brian Gardner

Founder of No Sidebar

Day 30 — A Heartfelt “Thank You”



Congratulations, you’ve made it all the way to Day 30. You’ve already taken the first step toward an awesome life by simply wanting one.

I believe we’re all in a similar place, and this one very important thing is the key toward building that awesome life—we need to want it first. And when we want it, we’re motivated to be committed to the work it takes to stay there.

By finishing this course, you have proven that you want it, that you are motivated to get there, and that you are committed to the journey.

Well done, well done.

I want to inspire and encourage you to keep going—right here, and right now. You made it this far, and it’s time to take the next step.

1. Subscribe to the No Sidebar newsletter.

If you signed up to receive to our newsletter, thank you—permission to skip this step granted. And if you haven't, there's no better day than today to head on over and [sign up for our free newsletter](#). No spam, promise.

2. Check out some (really great) additional resources.

If you're a fan of No Sidebar, than no doubt you'll love these websites. Not only do I read (and enjoy) their content, we share them frequently on our Facebook page. Go ahead and see why we love them so much.

[Becoming Minimalist](#) — Joshua Becker

[Be More With Less](#) — Courtney Carver

[Less Busy, More Being](#) — Melissa Camara Wilkins

[Let Why Lead](#) — Erica Layne

[Simplify & Pursue](#) — Robin Shliakhau

3. Never forget the importance of your journey.

The journey is the reward—it's that simple.

I really hope you enjoyed this course. I hope you consider it an investment in your happiness and that you feel it was money well spent.

As we part ways, I encourage you today to find one—just one—area in your life that you can make a change. Take one small step towards the life you dream of having, and experience the joy I know you long for.

From the bottom of my heart, I want to thank you for trusting me. I feel privileged to walk alongside you on your journey, and I invite you to reply to this email with any feedback or words you'd like to share with me.

With you on this journey,

Brian Gardner
Founder of No Sidebar