

# 7 Actions to a New and Happier You!!

**By John David Brewer**



***Foundational Journey Institute***

# **Action Two**

## **Become a Minimalist**

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It's about finding amazing peace of mind and freedom by  
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Before explaining how it works, let's first consider the benefits of minimalist living as proven by a wealth of research



# Benefits

- It brings freedom



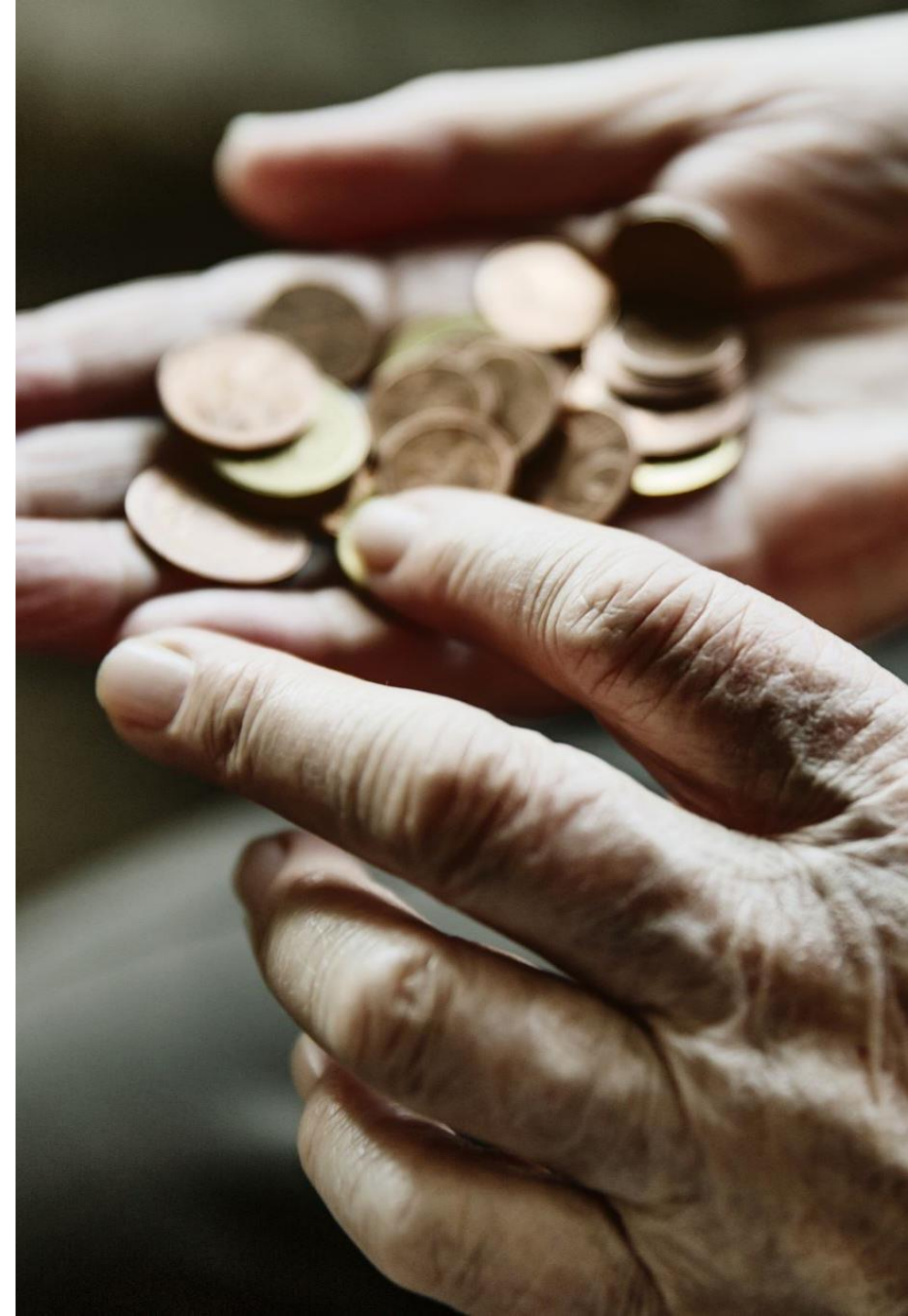
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- It brings freedom
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- You save time, money, and energy
- You enjoy a clutter-free home
- You have less stress



# How to Go Minimalist

Do 1 Room at a Time



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Empty the Room and Sort as You Go



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Repeat for Every Room, the Garage and Car



Minimalism can become an ideal lifestyle choice for the new you



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Choose one of these actions and implement it today, or tomorrow if you are reading this late at night. Just taking action is an action in and of itself!



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Patience is your #1 ally. Consistency is your #2 ally. It took you (the # of however years old you are) to get into the situation you are in;

**CHANGE TAKES TIME AND EFFORT!!!**



**Do You Want to Unlock Your  
Personal Transformation to the  
Next Level?**



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**[FoundationalJourneyInstitute.com/Unlocking-Personal-Transformation](https://www.FoundationalJourneyInstitute.com/Unlocking-Personal-Transformation)**

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