

REDUCING INVENTORY TO
INCREASE CAPACITY



GOOD MOMS
— H A V E —
STICKY FLOORS
MESSY KITCHENS
LAUNDRY PILES
AND HAPPY KIDS

 The Minimal Mom

 YouTube

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MINIMALISM:

“If you want a golden rule that will fit everything, this is it: Have nothing in your houses that you do not know to be **useful or believe to be beautiful.**”

- WILLIAM MORRIS

MINIMALISM:

Keeping only what is essential. What is used daily or weekly. What adds value to a household.



“According to a Cornell University study from 2016, stress triggered by clutter may also trigger coping and avoidance strategies, **like eating junk food, oversleeping or binge-watching Netflix.**”

It is difficult to maintain a state of wellness over time when our body energy is channeled into coping with stress.

“But godliness with contentment is great gain. For we brought nothing into the world, and we can take nothing out of it. **But if we have food and clothing, we will be content with that.**”

1 TIMOTHY 6:6-8

1. Understand how
easily STUFF appears

2. Find a source of inspiration & motivation



3. Just. Get. Started.

