

A MINIM AL MANIF ESTO FOR GENTLE REBELS

Minimalism is Not About Stuff. It's a **Response** to The Finitude of Things.

I Can't Have, Be, or Do Everything

There is a **Cost** Every Time I Add Something New: Stuff, Commitments, Relationships, Interests etc. My Life is Like a Bag. It Only Has Space for What it Has Space For. If I Add Too Much, It Will Tear.

I **Get to Choose** What Has Value and Meaning to Me. And I Can Decide How I Want to Contribute Value To Others

The First and Simplest Way to Get a Pay Rise is to Stop Spending Money on Things I Don't Need. It's The Same With My Time. **I Have More Than Enough** If I Learn to Spend It Mindfully, Within a Spirit of Gratitude.

My **Desires Are Often Planted** By People Who Want Me To Invest in Life on Their Terms, Not Mine. They Want Me To Feel Perpetually Dissatisfied. I Can Rebel Through Contentment.

If I Don't Know What **Enough** Looks Like, I Will Always Be a Slave to More.

Margins Aren't Spaces to Fill. They Are the Gaps That **Help Me Truly See.**

Hard Shoulders Save Lives. They Provide **Refuge and Safety** When Things Go Wrong.