

THE PRINCIPLES

of a lightweight life

A FREE GUIDE

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Hi, and welcome.

Lighter doesn't mean less.

It means a life that moves easily when you need it to. These ten principles are small, kind ideas you can try today, with no perfect plan required.

Read one. Try it. Come back for the next. You're not behind, you're just beginning.

Be gentle with yourself.

01

Everything has a dual purpose

If a thing does only one job, ask it to do two, or let it go.

Try this

A scarf is also a blanket. A notebook is also your calendar. Look at one thing you own today. What else could it do?

OZ

Everything has a home

If it has a place, you never have to look for it, worry about it, or move it twice.

Try this

Pick one thing that keeps wandering around your space.
Give it one spot, and notice how much lighter that feels.

03

Know what needs to come with you

Start with what you couldn't leave behind, not with
what you could fit.

Try this

Imagine you left tomorrow. What are the five things
you'd reach for first? Those are your compass.

04

Define your version of enough

Enough is a feeling you get to describe, not a number
someone hands you.

Try this

Finish this sentence: "I have enough when ____." There's
no wrong answer, only your answer.

05

Know what your life costs

You can't make a flexible plan around a number you've never looked at.

Try this

Gently add up what a normal month takes. No judgment, just information you get to use.

06

Give money a repeatable process

The same simple steps, every time, beat motivation every time.

Try this

Choose one money habit you can do in ten minutes. Do it on the same day every week.

07

Count the work your things create

Every belonging asks for cleaning, storing, fixing or moving. That's its quiet price.

Try this

Walk through one room and ask of each thing, "Is this worth what it asks of me?"

08

Keep the essentials within reach

Documents, logins, medications, contacts: if you need it in a hurry, it shouldn't take a search.

Try this

Make one small folder, physical or digital, for the things you'd need on the move.

09

Let routines bend

A routine that only works in one place isn't a routine, it's a setting. Build ones that travel.

Try this

Which part of your day actually keeps you functioning?
Keep that. Everything else can flex.

10

Run the Movement Test

Could you start somewhere new, soon, without panic? Let the answer guide you, not scare you.

Try this

If your answer is "not yet," that's a good place to begin, and you're already here.



Ready for the whole story?

The Lightweight Life is coming December 2026.

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