

How to be minimalist in everyday life

Being minimalist does not mean giving up consumption but becoming more conscious of what we buy and what we waste.

At work



Organise your space

Keep only what is essential and **donate or recycle** what you do not need.



Reduce your digital consumption

Limit time on social media and **delete unnecessary files**.



Use less paper

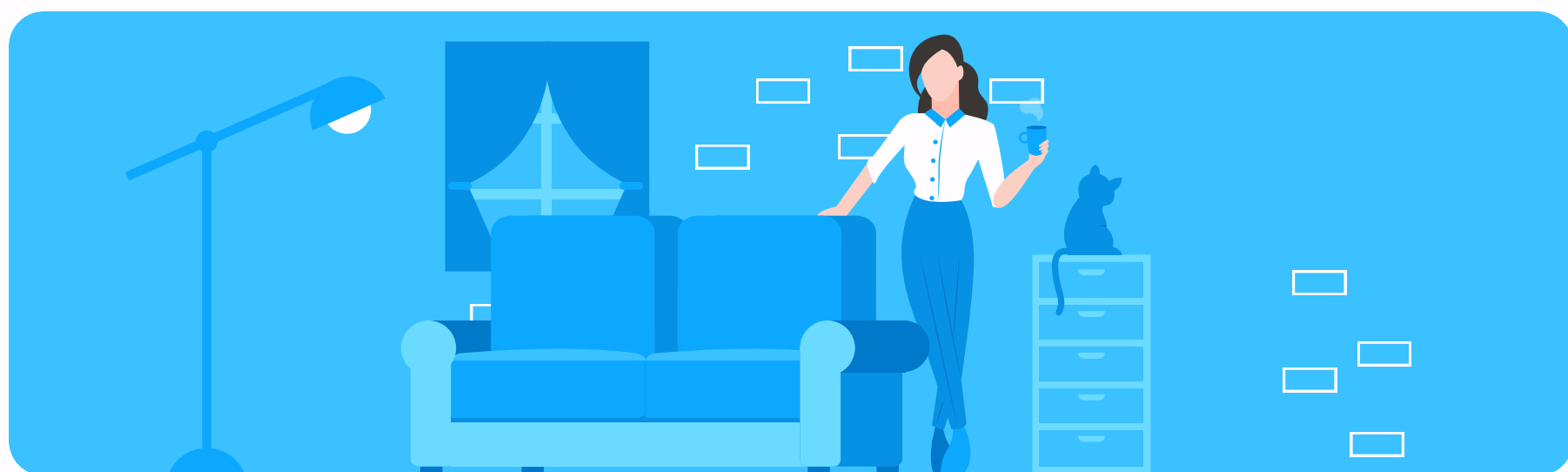
Prioritise **digital documents**.



Choose sustainable transport

Walk or **use sustainable options** such as cycling or public transport.

At home



Reduce what is unnecessary

Donate what you no longer need and free up space.



Consume consciente

Buy higher-quality products to avoid frequent replacement.



Repair and reuse

Support the **circular economy** instead of discarding items.



Ahorra energía

Switch off lights when not in use and **reduce your energy consumption**.

Source: [Consum.es](https://www.consum.es), [iberdrola.com](https://www.iberdrola.com), [UN.org](https://www.un.org)