

Anarchominimalism

a checklist for extremists

anarchominimalism.noblogs.org



Spark Joy

This booklet is a companion to the zine *Anarchominimalism: a minimalism for extremists*. In it you will find the 8 Processes of Anarchominimalism and a checklist of some of the actionable elements within those processes.

Most of these actions can be accomplished in a single weekend, and almost all of them can be accomplished within a month.

If you are interested in reading *Anarchominimalism: a minimalism for extremists*, where we lay out the ideology and reasonings behind each of these processes, it can be found at anarchominimalism.noblogs.org

We hope that you will go through this booklet and physically check off every action that you take as you do them, and that when you finish, you use it to start a fire.

Life should be easy. Make it easier.

The Anarkomari Method, a more detailed checklist, can be found on the reverse of this booklet.

1. Owning only the amount that serves you

- o Declutter your belongings by separating your possessions into groups and interrogating each item to make sure it still serves you:
- o **Clothing** (Clothes/Jewelry/Accessories)
- o **Books** (Books/Zines/CookBooks)
- o **Paper** (Receipts/Fliers/Stickers)
- o **Kitchen** (Food/Spices/Cookware)
- o **Electronics** (Cables/Hard drives)
- o **Miscellaneous** (Tools/Crafts/Supplies)
- o **Sentimental** (Cards/Photos/Journals)
- o Offer still useful decluttered items to friends and family or donate them
- o *(Within 30 days of decluttering)*
- o Trash whats is no longer useful *(Immediately after decluttering)*

2. Minimizing the amount of labor you expend

- o Budget finances and cut out unnecessary expenses
 - o Work only the amount you need to meet your budget
 - o Reduce unwanted efforts and labors *(Simplify and automate tasks where possible)*
 - o Declutter your social life
 - o *(Only go to events you want to go to, or hang out with people you actually like.)*
 - o Reduce burnout by not stretching yourself too thin *(Don't feel obliged to go to every demo)*
- ### 3. Circumventing the economy (Sharing, Repairing, Scamming, and Stealing)
- o Find creative ways to "acquire" the things you need
 - o Run each new possession through the path: Sharing>Renting>Scamming>Stealing>Buying Used>Buying New

8. Preparing for ecological or social disasters

- o Assess your threat model(s) *(Wildfires, Floods, Nazis, Raided by Feds)*
- o Keep necessities in your Every Day Carry
- o Build a bug-out bag with at least:
 - o Important Documents *(Passport, Medical Docs, Birth certificate)*
 - o Food and Water for at least two days
 - o Prescriptions
 - o First Aid Kit (with Mask and Gloves)
 - o Flash Light (With extra batteries)
 - o Multitool
 - o Spare USB battery and charger
 - o Clothes for both warm and cold weather
 - o Lighter/Matches
 - o Store up Supplies where you live
 - o Food/Water for at least two weeks *(For everyone in the house)*
 - o First Aid Kits
 - o Flash Lights/Batteries
 - o Candles/Matches/lighters
 - o A way to cook without utilities
 - o Prescriptions

9. Limiting your digital footprint and screen time

- o DELETE SOCIAL MEDIA
 - o Encrypt all personal digital devices
 - o Spend more time without your encrypted device, or at the very least have it off, and in a faraday bag
 - o Take an inventory of remaining screen time, and "declutter" the screen time that doesn't serve you
 - o Find the ways screen time works for you and find a balance with that
- ### 7. Building skills for enjoyment, sustainability, mutual-aid, self-defense and self-care
- o Focus newly liberated time on learning to be more dangerous, healthy, self-sustaining, artistic, or whatever else brings you joy
 - o Tend towards learning in person and in community
 - o Build a network of people learning from each other

4. Reducing ecological impact and resource extraction

- o Acquire only high-quality, long-lasting items
- o Minimize waste of resources and labor of yours and others
- o Practice personal sustainability
- o [redacted]

5. Removing physical and digital evidence

- o Revisit remaining possessions to make sure you have disposed of any physical evidence that can be used against you or loved ones
- o Limit flagging criminal lifestyles in public (Stickers, t-shirts, visible tattoos, etc.)
- o Learn about evidence avoidance and disposal at <https://www.notrace.how/>
- o Delete any incriminating files from harddrive
- o Delete Social Media
- o Limit internet presence
- o Delete personal information from online information aggregators
- o <https://mshake/security/cultureworkshop>
- o Strengthen Digital security via the guides at <https://www.anarisec.guide/>

The Anarkonmari Method Checklist

No Condos



But Marie Kondo

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- Start by separating your possessions into the groups below. Gather all items in each category in one place. For example, if you are decluttering zines get ALL the zines from each and every room (plus car, garage, basement) and place them in a pile.
- As you go through the pile, hold each possession in your hands and interrogate each item to make sure it still serves you (brings you happiness, or fulfills a need).
- The group order goes from easier to more intense. Tackling the easy groups like Clothing will prepare you for the more challenging ones like Sentimental Objects.
- Discard intensely and completely. Do not hold back. If something shouldn't 100% remain in your life, then it shouldn't be in your life.

- Store your remaining loved possessions together by category. For example, store all pocket knives together. Store all lightbulbs together. Do not store according to frequency of use, but rather use of space.
- When you've finished decluttering, you should be surrounded with only the things you love and need.
- Thank the possessions that you have chosen to part from for their contribution to your life, and then offer the reusable ones to your friends. Dispose of the rest.
- Going forward, continue this rigor of intentionality as new potential possessions vie for a place in your life and space.

- Tools (especially incriminating ones)
- Office Supplies/Writing Utensils
- Paint
- Hobbies and Crafts Supplies
- Batteries/Light Bulbs
- Make-Up/Hair/Skin Products
- Prescriptions/Medical Supplies
- Furniture
- Pillows/Blankets/Sheets/Linens
- Cleaning Products/Chemicals
- **7. Sentimental**
 - Albums/Photos
 - Journals/Diaries
 - Souvenirs
 - Personal Letters/Post Cards
 - Greeting Cards
 - Heirlooms
 - Special Gifts
 - Spiritual/Religious Objects

◦ 6. Miscellaneous

- Tools (especially incriminating ones)
- Office Supplies/Writing Utensils
- Paint
- Hobbies and Crafts Supplies
- Batteries/Light Bulbs
- Make-Up/Hair/Skin Products
- Prescriptions/Medical Supplies
- Furniture
- Pillows/Blankets/Sheets/Linens
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◦ 7. Sentimental

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- Journals/Diaries
- Souvenirs
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- Greeting Cards
- Heirlooms
- Special Gifts
- Spiritual/Religious Objects

◦ 5. Electronics

- Cables/Chargers
- Physical Movies/Music
- Video Games
- Harddrives/Flash Drives/SD Cards
- Speakers/Keyboards/Monitors/Mice
- Headphones
- Cameras/Film
- Old Computers/Cell Phones/Tablets

◦ 5.1 Digital Minimalism

- Social Media accounts
- Logins/Passwords
- Applications/Programs
- Contact Lists
- E-mails
- Media/Photos/Music
- Text Messages/Group Chats
- Misc Files
- Incriminating Digital Evidence
- Metadata/Browser Histories/Cookies
- Personal information on Data Broker Sites

◦ 4. Kitchen

- Food in Fridge and Cupboards
- Sauces
- Spices
- Coffee/Tea/Alcohol
- Supplements/Vitamins
- Utensils (including plastic)
- Knives
- Oven Mitts/Aprons
- Pots/Pans
- Serving Ware
- Baking Sheets/Accessories
- Dishware
- Cups/Mugs/Glasses
- Travel Cups & Water Bottles
- Paper Cups/Plates/Napkins
- Dishtowels/Rags
- Reusable/Paper/Plastic Bags
- Small Appliances
- Storage Containers/Tupperware
- Cutting Boards

Anarkonmari Method

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Tip: Get rid of anything that has been or could be connected to a crime

◦ 1. Clothing

- Tops/Shirts/Hoodies
- Shorts/Pants
- Dresses/Skirts
- Outerwear/Jackets
- Bags/Purses
- Accessories/Belts/Hats
- Jewelry
- Pajamas
- Handbags/Purses
- Backpacks/Fannybags/Totes
- Belts/Scarves
- Shoes/Boots
- Hats/Gloves
- Socks/Underwear/Bras
- Costumes/Festish Gear
- Athletic Clothes
- Swimwear
- Winter Clothing

◦ 2. Books

- Books
- Zines (especially incriminating ones)
- Cookbooks
- Text Books/Educational/Reference
- Magazines
- Photo/Coffee Table Books

◦ 3. Paper

- Tax Documents
- Bills/Credit Card Statements
- Fliers (especially incriminating ones)
- Posters
- Stickers
- Receipts (especially incriminating ones)
- Newspapers
- School Notes/Papers
- Court Documents/Tickets/Legal