

Freedom From More Toolkit

Reclaim your time. Reclaim your energy. Reclaim your peace.

This toolkit is your companion to the blog post [Escape Consumerism - Reclaim Time, Energy & Peace](#) and to the book [Escape Consumerism: Freedom From More](#). It isn't about restriction. It's about remembering what's already yours.

Each page is a simple step toward a life that feels less performative and more aligned.

1. The "Would I Still Want This?" Filter

Before any purchase, ask yourself:

Would I still want this if no one ever saw it?

Let this question reveal what's truly for you--and what's been conditioned by algorithms, peer comparison, or impulse.

2. Three Ways to Reclaim Your Time Today

- Say no to one thing that isn't a true priority.
- Spend 10 minutes not consuming--just noticing (outside, in silence, or without scrolling).
- Stop multitasking for one task: give it full presence.

3. Mental Declutter Prompt

What am I carrying today that isn't mine?

Write your answers down. Cross out the ones that don't belong. Leave them there.

4. A Pause List for Spend Triggers

Next time you feel the urge to buy, pause and identify:

- What do I want to feel right now?
- What emotion am I avoiding?
- Is there another way to meet that need?

Even one minute of pause can save hours of regret.

5. Break the Loop With One Subtraction

Choose one of these today:

- Unsubscribe from one ad-heavy email.
- Unfollow a brand account that sparks dissatisfaction.
- Remove one item from your cart and wait 24 hours.

You don't need a clean slate. Just a clean moment.

6. Gentle Affirmations

- I am already enough without proving it.
- My value isn't measured by how much I own or produce.
- Quiet is a valid way to live.
- Less is not failure. It's freedom.

7. A Reflection to Close

What does peace actually feel like in my body?

Not the idea of it. The texture of it. The breath of it.

Write. Pause. Reconnect.

You are allowed to rest.

You are allowed to want less.

You are allowed to rebuild on your own terms.

Escape isn't about what you lose.

It's about what you finally get to keep.

-- For more, visit escapeconsumerism.com/resources.html and explore the blog, book, and more tools for living well on less.