



MVS: Via Negativa - Less is More

Title

Via Negativa - Less is More

Description

"It's not the daily increase but daily decrease. Hack away at the unessential." - Bruce Lee

We live in a world of **abundance for which we were not designed**.

Look around and analyze the stimuli you receive daily. Your **attention is limited** yet constantly **saturated** by elements that relentlessly suggest **buying more, adding more, consuming more**. In general, they encourage you to progressively add unnecessary items, distracting thoughts, and empty experiences to your life.

The result is that you feel **overwhelmed**—overwhelmed by objects, thoughts, and external stimuli. This leads to two serious consequences: **you lose the ability to be introspective and lose sight of your true goals**.

The philosophy of *via negativa* contrast this tendency. This concept, rooted in the idea of **removing rather than adding**, can lead to profound improvements in every area of our lives. We can experience exponential growth by letting go of what is unnecessary, distracting, harmful or useless to our goals. Ask to yourself:

What can you subtract?

Improvement doesn't always mean adding; sometimes, it means **creating space by removing**. Whether it's negative habits, clutter, or toxic relationships, subtraction can lead to clarity, better health, and a more meaningful life. By focusing on removing the excess, we can achieve more freedom, creativity, and satisfaction. Removing unnecessary weight from your life will allow you to feel more **agile** as you live through the world.

Tasks

0. Be Mindful of Your Unnecessary Elements Throughout the Day:

Frequently ask yourself: *Do I really need to keep this object? This thought? This relationship?* Cultivate awareness by regularly questioning what adds value and what merely adds clutter.

1. Schedule Decluttering Days:

Plan at least two days per month to focus on eliminating the unnecessary from your life. Do you really need those seven online subscriptions? Those new shoes? Is binge-watching that series essential? Will you ever use the random stuff you've kept for eight years?

Start room by room, drawer after drawer.

Remember: *What you own, eventually owns you.* Be light, be agile.

2. Remove From Every Key Area of Life:

Break your life into categories, for example, like health, finances, relationships, and mind. Assess each area to identify what can be removed to create space for what truly matters.

Basic examples:

Health:

- Junk food from the pantry
- Alcohol
- Overly restrictive diets
- Your phone from the vicinity of your bed.
- Useless exercises

Finances:

- Useless subscriptions (netflix, spotify, prime, etc.)
- Debts
- Overly expensive or unused vehicles
- Meals Out

Relationships

- Toxic friendships
- Unresolved conflicts
- Social media connections that add no value
- People-pleasing habits
- One-sided relationships
- Avoid unnecessary situations saying NO

Mind

- Negative self-talk
- Information overload (news, notifications, tv)
- Mindless scrolling on social media
- Unnecessary multitasking
- Unclear goals

Environment

- Old, unused items
- Digital clutter (delete emails, files, apps)
- Unnecessary decor or furniture
- Clothes that no longer fit or are never worn

Duration

At least one week of daily awareness exercise.

3 months with 2 decluttering sessions each.

Expected Results

- You are **consciously aware** every day of **what is strictly necessary** and what is superfluous or burdensome
- You are not afraid to **remove objects** from your life.
- You are not afraid to **let go of people and thoughts** from your life.
- You always **ask yourself twice** whether there is a valid reason to include **additional elements** in your life.
- You made your life **leaner**. You feel mentally **lighter** and more **agile**.

For any feedback, criticism, suggestions, chat:
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