





How do I know if I am a minimalist?

A minimalist has a mindset that focuses on what really matters in life.

She is willing to sacrifice good things for great things.

She is not afraid of going against the culture if it means she will be able to live her life to the full and REALLY enjoy it. Check out this post on minimalism and simple living!

https://www.practigalblog.com/20-signs-secretly-minimalist

www.mimiemmanuel.com



Are minimalists happier?

Overall, minimalists are happier because they have less worry, stress, and chaos in their lives. To a minimalist, material things are trivial compared to what they value most, which consists of quality time for relationships, time to enjoy the simple pleasures of life, and spiritual health.

https://www.minimalismmadesimple.com/home/minimalism-happiness





What is a Realist?

A Realist is similar to a minimalist but in addition, recognises that life is richer without images.

We know that images are not real; they are fake.

Images complicate life because they take time away from what is real in life.

Realists have taken on the imageless challenge and they have removed images from their lives to live a more fulfilling life.

www.mimiemmanuel.com Visit <u>www.mimiemmanuel.com/GetReat</u>



This is the easy part!

To take part in the Imageless Challenge, we decide not to engage with images for a certain amount of time.





I'll go imageless for three days!

I WON'T watch TV for three days.

INSTEAD FROM____ TILL____

I WILL

phone a friend, go for walks, talk with family, have a cuppa with a mate.

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THIS IS WHAT HAPPENED WHEN I WENT IMAGELESS FOR THREE DAYS

I relaxed more caught up with a friend slept deeper and longer





I'll go imageless' for one week!

I WON'T
watch TV for one week
post or like images on FB
watch videos

INSTEAD FROM____ TILL____

I WILL
go for daily walks
catch up on reading
listen to podcasts

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THIS IS WHAT HAPPENED WHEN I WENT IMAGELESS FOR ONE WEEK

I went for daily runs
I cleared out the bookshelf
and bought new books
listened to music
caught up with old friends





I'll go imageless for ten days!

I WON'T
watch TV
post or like images on FB
watch or play videos (games)
buy or gift images

INSTEAD FROM____ TILL____

tidy up the garage visit grandparents start a course

I WILL

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THIS IS WHAT HAPPENED WHEN I WENT IMAGELESS FOR TEN DAYS

I'm loving it
just laying about in the sun
talking with the neighbours
helped a friend move
fixed my car (long overdue)





I'll go imageless for thirty days!

I WON'T
watch TV
like or post images on FB
watch or play videos (games)
buy or gift images
create images/watch movies

INSTEAD FROM____ TILL____

take family to the beach learn how to cook

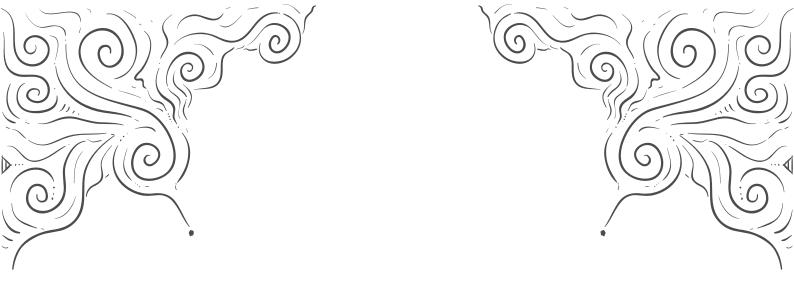


I went imageless for thirty days!

THIS IS WHAT HAPPENED WHEN I WENT IMAGELESS FOR THIRTY DAYS

my life is transformed
I learned standup paddle surfing
took kids to the wildlife park
signed up with archery club
have deep long sleeps
got a cat

<u>www.mimiemmanuel.com</u>



CONGRATULATIONS!



You graduated and are a Realist now.

share the challenge with a friend.





REALISTS

REALISTS ON AVERAGE HAVE AN EXTRA 4 HOURS PER DAY TO DO WITH AS THEY LIKE

Research shows that Realists with an average lifespan have an extra 14 years of leisure time available to them.

Extra time to start a new business, find a new hobby, get fit, visit your grandparents, play with the kids, get reacquainted with your partner, write a book, go swimming, relax, spend time with friends, listen to podcasts, read the Bible, sleep more and better, leave a legacy of awesomeness behind, build abetter world, help others.

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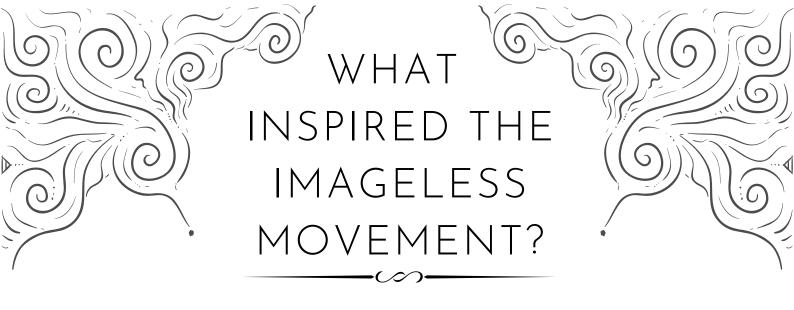
I'm feeling all pure and happy. Lucy

Thank you, I am very grateful to you. I've been praying over this. Your book came to me at the right time. M. Lim

I've been taking pictures of the wall. So far my husband is okay with it. Beccie D

Just beautiful. Love it! Transformed my life. Don Parks

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MIMI'S FAITH INSPIRED HER TO GO IMAGELESS

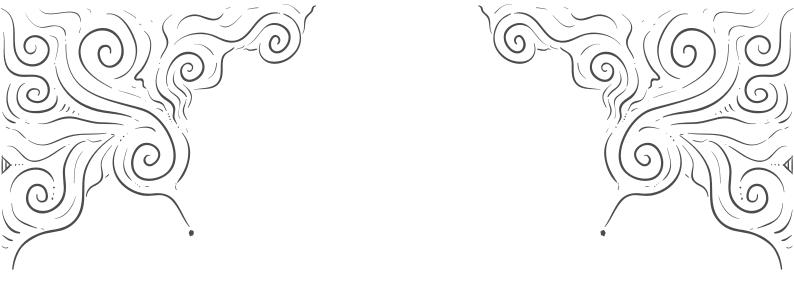
Mimi's religion inspired her to go imageless.

The Second Commandment in the Bible tells us to "not make an image or likeness of anything at all." You can read more about that in the Bible Exodus 20:4-6 and Deuteronomy 4:1-18

The Image of The Beast Vs Image of God by Mimi Emmanuel on Amazon or www.mimiemmanuel.com or visit her on youtube Mimi Emmanuel

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