

# BIMALISM: The Teen Guide to Balanced Living

*How to Find Your Center in a World of Extremes*

Created by Aalif & Dharunesh 10th Grade Founders of Bimalism.com

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## Welcome to Bimalism!

Hey there! We're Aalif and Dharunesh, two regular 10th graders who got tired of feeling pulled in opposite directions.

**Aalif:** I was the "minimalist" — my room was so clean you could eat off the floor, but it felt kinda... empty. I had nothing on my walls, three shirts total, and my phone had like six apps. People called me "organized" but honestly? It was getting lonely.

**Dharunesh:** And I was the "maximalist" — my room looked like a museum exploded. I had every game console since 2005, posters covering every inch of wall, clothes I hadn't worn since seventh grade, and so many hobbies I never actually did any of them. My mom said walking into my room gave her anxiety.

One day after school, we were complaining about our problems (like you do) and realized something wild: **we had opposite problems but the same feeling** — both of us were stressed by our own extremes.

That's when we created **Bimalism** — not some fancy philosophy, just a simple idea: *What if instead of going to extremes, we just found what actually works for us?*

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## What Bimalism Actually Is (In Normal Words)

Bimalism = **Balance + Your Style**

It's NOT:

- Throwing away all your stuff
- Keeping every random thing forever
- Being perfectly balanced every second (impossible!)
- Someone else telling you how to live

It IS:

- Knowing what matters TO YOU
  - Letting go of what doesn't
  - Checking in with yourself regularly
  - Making small adjustments when things feel off
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## The Bimalism Basics (The Simple Version)

### 1. The "Goldilocks Zone" Rule

Everything in your life has a sweet spot — not too much, not too little, but just right FOR YOU.

#### Your Bedroom:

- Too empty = feels like a hospital
- Too crowded = can't find anything
- Just right = comfortable, functional, YOU

#### Your Schedule:

- Too packed = constant stress
- Too empty = boredom + last-minute panic
- Just right = enough to do, enough to breathe

#### Your Phone:

- Too few apps = missing out
- Too many apps = always distracted
- Just right = useful + fun, not overwhelming

### 2. The "Vibe Check" Method

Every month (or when things feel off), ask yourself:

#### About Your Stuff:

- "Do I actually use/wear/enjoy this?"
- "Does this thing make my life better or just take up space?"
- "If I lost this, would I actually replace it?"

#### About Your Time:

- "What drained my energy this week?"
- "What gave me energy?"
- "What do I wish I had time for?"

#### **About Your Digital Life:**

- "Which apps make me feel bad about myself?"
- "Who do I actually enjoy following?"
- "What online habits help vs. hurt me?"

### **3. The "Seasonal Reset"**

Your perfect balance changes! What works during school season might not work during summer.

#### **School Year Balance:**

- More structure
- Study-friendly space
- Limited social time
- Self-care built in

#### **Summer Balance:**

- More flexibility
- Adventure-ready
- Social time expanded
- Creative projects

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## **Our Bimalism Experiments (What Actually Worked)**

### **Experiment 1: The Wardrobe Reset**

**Aalif's Problem:** 5 shirts, 2 jeans, always wearing the same thing **Dharunesh's Problem:** 87 shirts, could never decide, laundry mountain

#### **Our Solution:** The "21 Outfit Challenge"

1. Pick 21 outfits you actually wear and love
2. Everything else goes in a box in the closet
3. After 3 weeks: whatever you didn't miss = donate/sell

**Result:** Aalif went from 5 to 12 shirts (found his style!), Dharunesh went from 87 to 35 (could actually see his clothes!). Both happy.

## Experiment 2: The Phone Detox

Both of us were spending 5+ hours daily on phones.

**Our Solution:** The "App Audit"

1. Screenshot your home screen
2. Delete ALL apps (don't panic!)
3. Re-download ONLY what you need this week
4. Add back others ONLY if you miss them

**Result:** Went from 150+ apps each to about 40. Screen time dropped to 2 hours without even trying.

## Experiment 3: The Homework Balance

**Problem:** Either procrastinate all week or work 6 hours straight

**Solution:** The "Pomodoro + Reward" Method

- 25 minutes focused work
- 5 minutes break (NOT phone!)
- After 4 cycles = 30 minute real break
- Reward after finishing: actual fun, not guilt

**Result:** Homework done faster, less stress, more free time guilt-free.

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## The Bimalism Website (What You'll Find)

On **Bimalism.com** we're building:



### The Balance Quiz

"Are you tending toward minimalist or maximalist?" (No right answer, just awareness!)



### Interactive Challenges

- 7-Day Digital Balance Challenge
- Room Reset Weekend

- Schedule Smoothing Week
- Friend Group Harmony Project

## **The Bimalism Journal**

Downloadable/printable pages for:

- Weekly vibe checks
- Seasonal resets
- Decision balance sheets
- Progress tracking

## **Community Boards**

Where real people (not experts) share:

- What worked/didn't work
- Before/after photos (only if you want!)
- Support when you're struggling
- Celebration when you find balance

## **Social Media**

@bimalism on Instagram:

- Quick tips (under 60 seconds)
- Real teen transformations
- Q&A sessions
- Monthly challenges

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## **Starting Your Bimalism Journey (Right Now)**

### **Step 1: Pick ONE Area**

Don't try to balance your whole life today. Pick ONE:

- Your backpack
- Your phone home screen
- Your after-school schedule
- Your closet
- Your study space

## Step 2: Do a Mini Vibe Check

Ask just TWO questions about that area:

1. "What's working here?"
2. "What's one small thing that could work better?"

## Step 3: Make ONE Change

Tiny adjustments > massive overhauls Examples:

- Clear off your desk surface (just the surface!)
- Delete 5 apps you haven't used in a month
- Move one weekly commitment that always drains you
- Put 3 clothing items you never wear in a "maybe" bag

## Step 4: Notice How It Feels

Better? Worse? No difference? That's data for next time!

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## Common Questions (From Real Teens)

**Q: "But I share a room with my sibling!"** A: Balance YOUR side, YOUR stuff. Lead by example — they might join!

**Q: "My parents buy me stuff I don't want!"** A: "Thanks for thinking of me! Could we maybe experiences instead of things?" Or: create a donation box together.

**Q: "I have too much schoolwork for balance!"** A: Balance isn't equal time, it's sustainable rhythm. Even 10 minutes of something non-school helps.

**Q: "My friends are always available online — if I'm not, I'll miss out!"** A: Schedule "friend time" so you're fully present then, and can disconnect after.

**Q: "This sounds like more work!"** A: Start-up work yes, maintenance is easy. Like organizing a playlist: takes time to create, easy to enjoy after.

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## Our Bigger Vision (If You're Curious)

We're just two teens with a website now, but we dream of:

## Short Term (This Year):

- Growing our community to 10,000 teens
- Creating a free school club starter kit
- Partnering with 10 schools to pilot Bimalism clubs
- Publishing our first zine/ebook

## Long Term (Maybe?):

- Bimalism workshops at schools
- An app that actually helps (not addicts!)
- Collaborations with youth mental health orgs
- Maybe even a book someday (when we're not drowning in homework!)

But honestly? We're taking it step by step, just like we recommend you do.

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## Join Us!

### You don't need to:

- Be perfect
- Have everything figured out
- Agree with everything we say
- Make huge changes

### You just need to:

- Be willing to notice what's working/not
- Try small adjustments
- Share what you learn
- Be kind to yourself

### Where to start:

1. Visit **Bimalism.com** (it's basic but growing!)
  2. Take the free Balance Quiz
  3. Join our Discord (link on site)
  4. Try one tiny experiment this week
  5. Share your experience (anonymous option available!)
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## Final Truth Bomb

We're NOT experts. We're NOT adults with degrees. We're NOT saying we have all the answers.

We're just two 10th graders who found that constantly swinging between extremes was exhausting, and that finding our personal middle ground made life... better.

Not perfect. Not solved. Just better.

And "better" is a pretty good place to start.

**See you on the site,**

**Aalif & Dharunesh** *Your fellow balance-seekers*

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*P.S. Our moms are very proud. Our rooms are still works in progress. We still have homework due tomorrow. We're figuring this out together.*