

# the modern **domestic woman**



THE ANTI-HAUL HANDBOOK:  
REDISCOVERING YOUR VALUES IN  
AN INFLUENCER ECONOMY





# Hey, girl!

Let's be honest—MDW is part of the online world that influences you. We share ideas, recommend products, and highlight stories. But here's the difference: we're not here to sell you more stuff you don't need or make you feel like you're not enough. Our goal is to offer tools, not noise.

We create guides like this to help you reconnect with your voice, your values, and your sense of self—not to drown you in trends. In a space that often profits from your doubt, we're rooting for your clarity.

Because here's what we know: influence isn't inherently bad. We're all shaped by the people, ideas, and environments around us. The question is—who and what are you allowing to shape you? And do those influences align with the life you actually want?

This guide is about pausing the scroll and tuning back in. It's a chance to notice what's nourishing you, what's numbing you, and where you might want to make space to hear yourself again. You don't have to go off-grid or delete every app—but you do get to be more intentional. Let's dive in!

## Unfollow to Reconnect: What are you really absorbing?

It's easy to lose track of how much we're taking in. A few minutes on your phone can leave you with dozens of images, opinions, routines, and purchases you never asked for. Over time, that adds up—and can slowly crowd out your own thoughts and preferences.

This section invites you to create breathing room. By unfollowing or muting what no longer feels aligned, you make space for something better: your own clarity.

### *Action Steps:*

- ✓ Unfollow or mute 10+ accounts that trigger comparison, urgency to buy, or self-doubt.
- ✓ Curate a “soulful scroll” list: follow 5 creators or spaces that make you feel calm, inspired, or more connected to your real life.

### *Journal Prompts:*

What kind of content leaves me feeling drained, and what kind energizes or soothes me?

When was the last time I felt truly at peace while being online?

### *Self-talk Shift*

“I’m allowed to be intentional about what I take in.  
My peace matters more than staying ‘caught up.’”

## Reclaim Your Voice: What do you actually love?

So much of what we consume tells us how to be—how to dress, speak, decorate, parent, rest, work, eat. It's no surprise that many women start to second-guess their own preferences or feel disconnected from what they actually like.

This section helps you rebuild that connection. You're allowed to love what you love. You're allowed to not follow the trends. And you don't need permission to reclaim your own voice.

### *Action Steps:*

- ✓ Make a "Me List": 10 things you genuinely love—whether or not they're trendy, popular, or "aesthetic."
- ✓ Choose one daily decision (what to wear, listen to, or eat) and pause to ask: What do I actually want today?

### *Journal Prompts:*

In what ways have I shaped myself to fit in that no longer serve me?

What part of me is asking to be heard more often?

### *Self-talk Shift*

"My voice is valid. I don't have to match what I see online to be worthy of being seen."

## Conscious Consumption: Does this reflect your values—or the algorithm?

Deinfluencing isn't about rejecting joy or beauty. It's about aligning your outer choices with your inner values. The goal here is to move from impulse to intention—not out of guilt, but out of care.

This section is about noticing what actually adds value to your life—and what just takes up space. You're allowed to be both discerning and joyful about what you bring in.

### *Action Steps:*

- ✓ Create a “Values Filter”: a short checklist to guide your decisions (e.g., Does this align with my values? Will I still want this in a month?).
- ✓ Try a 48-hour digital shopping pause: no browsing, buying, or researching. Notice what urges come up.

### *Journal Prompts:*

When do I tend to overconsume—and what am I truly seeking in those moments?

What purchases, habits, or practices have genuinely added peace or beauty to my life?

### *Self-talk Shift*

“I trust myself to choose what nourishes me, not just what's marketed to me.”

## Create Before You Consume: You're here to make, not just take.

The instinct to scroll, snack, or shop usually points to a deeper need—creativity, connection, expression. What would happen if you turned inward before reaching outward?

This section is a soft nudge to create more space for your own voice, hands, and thoughts. Even five minutes of intentional creating can shift your energy and remind you: you are not just here to consume.

### Action Steps:

- ✓ Start your day with 5–10 minutes of creating before picking up your phone. Write, doodle, stretch, journal—whatever feels like you.
- ✓ Choose one day a week to experiment with a “create-before-you-consume” rhythm. Notice what changes.

### Journal Prompts:

What wants to be expressed through me right now that I've been ignoring or silencing?

How do I feel when I create something—no matter how small?

### Self-talk Shift

“My creativity is more powerful than any trend. I don't have to be polished—I just have to be present.”





*Keep choosing you.  
Again and again.*

We'll say it again: influence isn't always bad. Sometimes it introduces you to new things that do align. But when the noise gets too loud, when everything starts to feel urgent, expensive, or performative—it's okay to step back.

You don't have to unsubscribe from life to reconnect with yourself. You just need to slow down long enough to ask: Does this reflect who I am, or who I'm told to be? And if the answer is no—you get to choose differently.

This guide isn't about perfection. It's about practice. The practice of listening inward. The practice of protecting your peace. The practice of returning to yourself.

You already hold what you're looking for.

