



# The Beginner's Guide to Minimal Living

## **Abstract**

"The Beginner's Guide to Minimal Living" is a comprehensive introduction to adopting a minimalist lifestyle, designed for those looking to simplify their living spaces and lives. This guide explores the core principles of minimalism, emphasizing the benefits of living with less to reduce stress, improve focus, and enhance well-being. Through practical advice, it covers essential aspects of minimal living, such as decluttering, creating functional spaces, mindful consumption, and managing finances with simplicity.

The guide also touches on the psychological benefits of minimalism, offering insights into how reducing physical and mental clutter can lead to greater peace of mind.

Whether you're looking to downsize your home, design a minimalist wardrobe, or simplify your digital life, this guide provides actionable steps to help you embark on your minimalist journey, transforming your lifestyle and space into one of calm, purpose, and efficiency.

## **Getting Started**

Embarking on your minimalist journey can feel overwhelming at first, but the key to success is taking small, intentional steps. Begin by adopting a mindset of simplicity and mindfulness—this will help guide your decisions as you declutter and simplify various areas of your life. Start with one room or area in your home, such as your closet or kitchen, and focus on removing items that no longer serve a purpose or add value.

Once you've tackled the physical space, shift your focus to other aspects of your life, such as digital clutter and time management. Embrace quality over quantity, and be mindful of the possessions you bring into your space moving forward. Minimal living isn't about depriving yourself—it's about prioritizing what truly matters and creating an environment that supports a peaceful and fulfilling life. With patience and persistence, you'll find that less truly is more.

**Are you ready to simplify your life and create a space that brings peace, clarity, and purpose?**

### **1. What is the Minimalist Lifestyle?**

So what is this minimalism thing? It's quite simple: to be a minimalist you must live with less than 100 things, you can't own a car or a home or a television, you can't have a career, you must live in exotic hard-to-pronounce places all over the world, you must start a blog, you can't have children, and you must be a young white male from a privileged background.

Okay, we're joking—obviously. But people who dismiss minimalism as some sort of fad usually mention any of the above "restrictions" as to why they could "never be a minimalist." Minimalism

isn't about any of those things, but it can help you accomplish them. If you desire to live with fewer material possessions, or jettison your car and television, or travel all over the world, then minimalism can lend a hand. But that's not the point.



Minimalism is a tool that can assist you in finding freedom. Freedom from fear. Freedom from worry. Freedom from overwhelm. Freedom from guilt. Freedom from depression. Freedom from the trappings of the consumer culture we've built our lives around. Real freedom.

That doesn't mean there's anything inherently wrong with owning material possessions. Today's problem seems to be the meaning we assign to stuff: we assign too much meaning to things, often forsaking our health, our relationships, our passions, our personal growth, and our desire to contribute beyond ourselves.

Want to own a car or a house? Great, have at it! Want to raise a family and have a career? If these things are important to you, that's wonderful. Minimalism simply allows you to make these decisions more deliberately.

There are plenty of successful minimalists who lead appreciably different lives. Our friend Leo Babauta has a wife and six children. Joshua Becker has a career he enjoys, a family he loves, and a house in suburbia. Conversely, Colin Wright owns 51 things and travels all over the world. And Tammy Strobel lives in a tiny home and is completely car-free.

Even though each of these people are different, they all share two things in common: they are minimalists, and minimalism has allowed them to pursue purpose-driven lives.

But how can these people be so different and yet still be minimalists? That brings us back to our original question: What is minimalism? If we had to sum it up in a single sentence, we would say, Minimalism is a tool to rid yourself of life's excess in favor of focusing on what's important—so you can find happiness, fulfillment, and freedom.

Minimalism has helped us...

- Eliminate our discontent
- Reclaim our time
- Live in the moment
- Pursue our passions
- Discover our missions
- Experience real freedom
- Create more, consume less
- Focus on our health
- Grow as individuals
- Contribute beyond ourselves
- Rid ourselves of excess stuff
- Discover purpose in our lives

By incorporating minimalism into our lives, we've finally been able to find lasting happiness—and that's what we're all looking for, isn't it? We all want to be happy. Minimalists search for happiness not through things, but through life itself; thus, it's up to you to determine what is necessary and what is superfluous in your life.

Through our essays we intend to present to you ideas of how to achieve a minimalist lifestyle without adhering to a strict code or an arbitrary set of rules. A word of warning, though: it isn't easy to take the first steps, but your journey towards minimalism gets much easier—and more rewarding—the further you go. The first steps often take radical changes in your mindset, actions, and habits. Fret not, though—we want to help: we've documented our experiences so you can learn from our failures and successes, applying what we've learned to your own situation, assisting you in leading a more meaningful life.

## **2. The Benefits of Minimal Living**

In a world that often glorifies abundance and consumption, a new trend has taken hold: minimalism. At first glance, it might seem like just a stylish way to declutter your home, but the roots of minimalism run much deeper.

From a psychological perspective, our physical homes are often analogous to our inner worlds—and when our physical space is in disarray, our mental space often is too. Physical clutter can be a constant reminder of disorganization, and it can spill over into our minds more easily than we might consciously be aware of.



If you think the minimalist lifestyle is nothing but a fad, consider a psychologist's take on its benefits and how quickly they can be reaped. You might just change your mind.

Minimalism has emerged as a lifestyle choice characterized by low consumption, voluntary simplicity and an intentional reduction in material possessions. People who embrace this lifestyle tend to shun excessive acquisition and opt for behaviors like thrifting and pro-ecological practices, all while seeking to live more meaningfully.

Research from the *Journal of Applied Positive Psychology* aimed to explore the impact of minimalism on happiness, life satisfaction and interpersonal relationships. Rather than accumulating items for their perceived value or status, minimalists rather focus on what brings them joy and utility.

Moreover, minimalists often swear by the fact that having fewer possessions brings a greater sense of freedom and fulfillment. In the authors' attempts to assess the validity of these claims, the following key themes were identified—effectively illustrating how minimalism contributes to enhanced well-being:

- **Autonomy.** This theme encapsulates the feeling of freedom and liberation that comes with choosing a minimalist lifestyle. Participants in the study described how they previously felt “trapped” or “burdened” by their possessions and societal expectations. Through minimalism, they gained autonomy, and were able to align their lives with their personal values and feel more authentic. Minimalism provided an escape from the monotonous cycle of consumerism, allowing them to pursue a life that felt true.
- **Competence.** By reducing clutter and simplifying their environments, many participants reported gaining a greater sense of control and order. Before embracing minimalism, they often felt overwhelmed by “chaos” and “confusion.” With fewer possessions, however, they experienced reduced anxiety and stress. Through minimalism, they found it easier to manage their surroundings and, consequently, their lives.
- **Mental space.** Participants described minimalism as creating “mental space,” resulting in a clearer, more focused mind. This connection between external and internal order allowed them to save mental energy, helping them enjoy an enduring sense of lightness and clarity. The absence of physical clutter led to less internal chaos, thus supporting the idea that our surroundings can directly impact our mental state.
- **Awareness.** Minimalism also heightened participants’ awareness of their values and what truly mattered in life. The newly created mental space facilitated reflection, mindfulness and savoring. By reducing distractions, they could focus on their own growth and learn from new insights—ultimately allowing for a deeper appreciation for the world around them.
- **Positive emotions.** Ultimately, the combination of autonomy, competence, mental space and awareness led to an increase in positive emotions among the study participants. They reported feelings of joy, peacefulness and a general sense of well-being. The shift to a minimalist lifestyle appeared to serve as a catalyst for these emotions, as it enabled them to break free from the stress and anxiety that often accompanies a consumer-driven society.

Minimalism doesn’t just represent a shift in lifestyle. In reality, it can offer much more than just physical organization to those who commit to it—a transformative journey towards greater well-being and more meaningful, contented living.

## How To Make The Switch To A Minimalist Lifestyle

There’s no denying that society is driven by consumerism, excessive consumption and materialism. Given this hegemony, it can seem impossible to break free of these principles. Knowing that it takes convincing and support to do so, minimalist communities have developed over time—creating spaces and bodies of knowledge that support and empower individuals hoping to make the switch.

If you’re hoping to shift towards minimalism, consider the “deliberation station,” posed by a minimalist and simplification coach. Before you make your next purchase, ask yourself the following questions about the desired item:

1. Have you thought about it for at least two weeks?
2. Does it solve a genuine problem that you have noticed?
3. Do you already own something similar?
4. Is buying it worth giving up progress towards your next financial goal?
5. Would you still use the purchase in five years from now?
6. Do you know if or where you can place it in your home?
7. Will you have to work for a long time in order to pay for it?
8. Can you be productive and happy without it?
9. Is the cost per use worth it?
10. Does buying it support your priorities?
11. Is buying it the best way for you to obtain it?
12. Is it a high-quality item with a reasonable price tag?
13. Is your mental state calm and neutral right now, or altered by internal/external forces?
14. Would the purchase be driven by intention or impulsivity?



If you lean towards negative answers more so than positive, consider it as a sign that the purchase won't serve you or your space. Continue this habit, and you'll be on your way to minimalist living through your efforts in curating a simplistic and intentional space.

Minimalism is about stripping away the unnecessary, leaving only the things that truly matter. When we declutter our spaces and consume with conscientiousness, we simultaneously clear

out the emotional and mental clutter that has been weighing us down. With fewer distractions, we are better able to focus on what really matters, and make room—both physically and mentally—for a mindful and fulfilling existence.

### **3. Beginner Ideas For Simplifying Your Life**

Life gets messy.

Between a busy work schedule and personal responsibilities, things start to pile up — whether those are physical items like dirty dishes and old stuff or mental ones like overdue tasks and unread emails. Adopting a minimalist lifestyle can help you get rid of this extra clutter by guiding you to keep only what you truly need.

A minimalist lifestyle not only helps declutter your physical spaces but also your mind. The philosophy behind minimalist living emphasizes intentional choices about what we surround ourselves with. By focusing on essentials, a minimalist mindset reduces stress and enhances overall well-being.

Embracing minimalism and decluttering doesn't mean living with the bare minimum. The goal of becoming minimalist is to audit bad habits, downsize unnecessary belongings, and thoughtfully assess what adds value to your minimalist life. The true definition of minimalism lies in prioritizing things that bring meaning to your life and intentionally focusing on what matters most.

#### **How to be minimalist?**

Becoming minimalist doesn't have to happen overnight. In fact, it's best as a slow process, giving you time to self-reflect and be intentional about what habits and items you decide to get rid of. Here's how to embrace a minimalist lifestyle:

##### **1. Figure out your priorities**

The minimalist philosophy isn't one-size-fits-all. Start by understanding your personal goals and values. Whether it's downsizing your belongings or investing in a minimalist home, make intentional decisions. Practicing zen habits can help you focus on the essentials and clear mental and physical clutter.

Take some time to journal or meditate on your goals. You may want to improve your relationships with more bonding experiences, create a savings plan, or be more organized at work. Goal-setting and prioritization will give you the clarity you need to build an action plan.

##### **2. Start small**

Becoming minimalist doesn't happen overnight. Focus on small changes, like organizing your desk or decluttering your clothing. Little by little, you'll feel the freedom of a minimalist life.



Remember, a simple life isn't about getting rid of everything; it's about being mindful and intentional in your choices.

### **3. Appreciate what you have**



Social media algorithms or toxic people can trick you into comparing yourself to others. Try to focus on yourself instead. Start your day by writing down something you're thankful for, like being happy with your job or spending quality time with family. The gratitude practice can put you in a good mood and remind you about what's important to you in life.

Developing a gratitude practice helps you stay intentional and avoid over-accumulating stuff. The mindset of minimalism is all about appreciating your belongings and living with less. This approach echoes Marie Kondo's famous question, "Does it spark joy?"

### **4. Declutter everyday**

Daily decluttering habits help maintain the simplicity of a minimalist lifestyle. Keeping your spaces free of unnecessary stuff allows you to focus on what truly matters and live a more simple life.

### **5. Organize your space**

Once you've downsized, make sure your minimalist home stays organized. Clear storage containers, designated places for every object, and routines help you live more efficiently, ensuring that you don't need to handle everything all at once.

## **6. Build a capsule wardrobe**

A minimalist wardrobe contains versatile, timeless clothing items that you can mix and match, which cuts down on clutter and contributes to your intentional, minimalist life. A selection of versatile items emphasizes functionality and personal style over trends. And an extra benefit of having less clothing is less time debating your outfit during your morning routine.

## **7. Digitize documents**

A paperless approach is part of the minimalist lifestyle. Storing important documents digitally frees up physical space and helps declutter your home or office. According to a 2021 report from Forbes, American businesses waste \$8 billion on managing paper each year, despite digitization.

Storing important documents electronically in a centralized platform, whether at work or at home, can save you time searching for documents and encourage easier information-sharing. It also keeps them safe from damage and frees up physical space.

## **8. Invest in multi-functional items**

Minimalists choose products that serve multiple purposes. This intentional approach reduces unnecessary stuff and supports an efficient, minimalist life. All-in-one printers or universal docking stations can eliminate bulky machinery or cables that create eyesores. And choosing collaboration tools that combine messaging, file sharing, and project management can also improve teamwork.

## **9. Use organization apps**

To-do lists, calendars, and task management apps can help you stay on top of your daily routine and eliminate mental clutter. These apps support the minimalist mindset by helping you prioritize and stay organized. Keeping track of your schedule gives you more clarity to focus on your work and ensure you don't fall behind or miss a commitment.

## **10. Repair broken items**

It's tempting to toss broken objects and start from scratch with something new. But repairing them can save you money and eliminate waste. Instead of buying new stuff, repair what you already have.

This practice supports a sustainable, minimalist lifestyle and aligns with the concept of making the most of what you have. Sweep through your home and office and evaluate what damaged or broken objects need some attention. Fixing your possessions is a great way to both live more sustainably and build valuable soft skills like resourcefulness and creative problem-solving.

## **Simplify your life**

Whether you're downsizing your belongings or developing a minimalist mindset, this minimalist philosophy offers a path to living with more intention. As you begin the process of decluttering, remember that the journey to a minimalist life is one of patience and self-reflection. Letting go of stuff gives you more freedom to focus on what matters most.

If you're feeling overwhelmed, a coach can help.

## **5. Tips To Creating a Minimalist Home**



It seems like everyone these days is on the “clear the clutter” bandwagon, looking for the perfect organizing system and just the right amount of items in their homes. And for some people, this way of life is a continuing cycle of buying things you love, then having to pare down when the visual chaos gets too much. One way to avoid this circular path is to adopt minimalism as a lifestyle.

### **Tips for Creating a Minimalist Home on a Budget**

The beauty of minimalist decor is that it encourages you to spend less and be mindful of everything you bring into your home. As you peel away the layers of each room, think about how you will use the space and which items that you already own will align with those needs. Taking a realistic inventory will help you decide what needs to go. After taking stock of your possessions, it’s time to start the transition to minimalism.

“Start converting your space by getting rid of furniture that is not functional like decorative furniture,” says Tara Spaulding, an interior design coordinator at Patio Productions. “As you arrange your furniture, focus on symmetry. Since there will be more space in the room, how you position the furniture is important to create a well-balanced interior design. Besides, the furniture placement will draw attention due to the space around it.”

Of course, using things you have already paid for is a big win for your budget. That is why it is so important to take the time to really get a feel for everything in your home instead of rushing to get rid of it all. If your furniture has clean lines, it will fit in fine with your new lifestyle.

## **How to Maximize Your Space**

Once you clear out the clutter and furnishings that no longer fit your life, you will be surprised by how what you thought was a small space suddenly seems larger. When it is time to shop for the few items you might still need, think about what that piece will be doing for you.

“Choose furniture and decor that serves more than one purpose. For example, an ottoman that also serves as storage, or a sofa in a studio space that also doubles as a bed,” says Kelly Simpson, senior director of design and innovation at Budget Blinds. “Window treatments are a great example of multi use decor as they provide style while also offering light control and privacy.”

Using simple window coverings in a neutral color palette lends itself naturally to minimalism. Get rid of the fussy ruffled window toppers and ornately patterned curtains. Also, consider how to hang new coverings. Hanging the curtain rod several inches above the top of the window adds the illusion of height, which makes the whole room look more spacious. Adding some vertical storage or display pieces helps with this as well.

And while you are looking up, don't forget the floor. Minimalist decor does not lend itself to what might be some old habits that are hard to break.

“Do not store or stack anything on the floor,” advises Spaulding. “Also, clear the surfaces and the walls. Only leave a few things on the wall or the surface, such as unique pieces or souvenirs.”

The same goes for cluttering up a room with too much furniture or the wrong kind. “Ensure the furniture you add is appropriate for your home. For example, adding a work desk in your bedroom is inappropriate as the bedroom should be relaxing,” Spaulding says.

## **How to Save Money**

Going minimalist is more than changing up your home's decor. You are changing patterns as well. When you shop for new things to create your spare space, it isn't an invitation to fill it right back up again. And you don't necessarily need to head to a swanky furniture store where you will pay top dollar. You can find good buys on great pieces in many different places like secondhand shops.

“Consider shopping secondhand for furniture, decor, and other household items,” says Lisa Jane, an interior designer from Ruling Homes. “Thrift stores, consignment shops, and online marketplaces can be great sources for finding gently used items at a fraction of the cost of new items.”

Even better? Ask friends and family about their spare items or check out places like your local Buy Nothing group on social media or Facebook Marketplace. You can often find solid pieces such as bookcases or a dining table for no cost at all. With a little elbow grease, these freebies can become just what your home needs.

### **Final Thoughts**

Minimalism has staying power, and there is no sign that it is fading, especially with a renewed focus on our homes. If the idea of living with less to have more appeals to you, take notes on why and take stock of where you are now so you can get where you want to be. Our homes are where life happens, so you owe it to yourself to make it the most serene and happy space possible.

## **6. Tips To Start Living With Less When Moving To A New House**



Downsizing has become a new trend for people at different stages of life. It is beyond the concept of discarding waste or broken items. People have been adopting a minimalist lifestyle because less is more, and a house move gives a great opportunity to eliminate unwanted items. Nowadays, residential properties on the Gold Coast are smaller than in the past, and there is also a higher demand for townhouses and studio apartments for various reasons. It is important to make up your mind and create a plan to downsize your house by getting rid of unwanted household stuff. This will reduce your moving shipment, time and, of course, money. If you are

moving with large furniture and other precious belongings, book the best removalists Gold Coast and have a safe and sound experience. They will take care of the entire journey and make your life easier. For downsizing your house, look at the following tips and simplify your big transition:

## **1. Prepare a Strategy For a Hassle-Free Downsizing**

Get started with a proper downsizing plan to achieve desired goals. Focus on big-picture decisions before heading to minor details. It is always good to go room by room for a streamlined process. However, deciding what to keep and what to toss can create complications and delay the entire procedure. You may not want to give away sentimental items. So, you should discuss it with your family before making a final decision. The need for downsizing also increases when moving from a big house to a smaller one. So, plan things ahead of time for better and hassle-free management. It is also important to make up your mind and prepare yourself mentally for downsizing. This will also help you decide the best time to start your move without a hint of stress.

## **2. Inspect All Rooms, Storage Units and Cupboards**

De-cluttering is one of the best ways to sort your household belongings when relocating home. Before packing, you should check all your rooms, wardrobes, cupboards, shelves, drawers and other storage units. Whether you are planning to hire house removalists Gold Coast or opting for the DIY route, start the de-cluttering process at least 7 weeks before your final moving day. Do not forget to ask yourself what you should do with your items when downsizing your home. You have plenty of furniture, clothing, kitchen items, appliances and other stuff in a house. Decide their fate by knowing your requirements and create four pile sorting systems: Donations: Anything you don't want but still has utility can be donated to the local charity on the Gold Coast. Giveaways : These items will be passed to friends and family. They can use them if needed. Sell: Organise a garage sale and earn extra dollars by selling unwanted items. Trash or Dump: This includes broken, damaged or empty items you no longer need. Also, dispose of store-bought cleaners, pesticides and batteries in a safe and sound manner.

## **3. Start From Small Spaces**

Once you have a proper plan for downsizing, it is good to start from the room by room. You can start with a small area because it is easy to find unwanted items and add them to a four-pile sorting system. Small spaces tend to accumulate waste items. So it is good to de-clutter the following areas first:

- Garage and outdoor sheds
- Mudroom
- Spare rooms
- Hall Closets
- Linen closets
- Bathroom cabinets
- Junk drawers

- Crawl spaces
- Bedroom of your kids
- Tiny sections in basements

This will help you stay organised throughout the process. You can also save time and energy without getting into any mess.

#### 4. Downsize Your Furniture Pieces



Of course, you will need furniture pieces in your new abode, but the question is, what furniture will fit in a studio apartment? So, before downsizing your household furniture, you should measure your new house and create a complete floor plan. Excess furniture, such as side tables, chairs, etc can be left behind. Instead of tossing or adding to the landfill, you can donate furniture and clothes to local charities. You can smartly downsize your furniture by selling unwanted ones in a garage sale. If you need your inherited items, but a new space is not large enough, use a storage option until you find a permanent solution.

#### 5. Sort Your Kitchen Items

This can be a daunting process, but you can follow the same strategy and organise everything in a better way. So here are some key tips to keep in mind and achieve productive outcomes:

- Go through your shelves, cupboards and drawers and pull out pieces you want to relocate. This includes your expensive sauces, food processor, dishes and silverware.
- Check your appliances and donate outdated ones
- Do not pack duplicate items, such as excess spatulas, spoons, and much more

- Add more multi-use items
- Check your pantry and get rid of items that are expired, empty or you no longer need.
- Donate the unopened cans if they have not expired

You can replace your old appliances with energy-efficient ones to save energy and the environment.

## **6. Downsize Your Bedrooms and Living Spaces**

These are the most challenging areas to tackle when downsizing your house. This includes:

- Books,
- Games
- Bed linens
- Toys
- Clothing
- Games, etc

You need to think twice and decide the destiny of sentimental items because you can't get everything to your new house. Giving it to someone who would appreciate and value its worth is good. You can also sell some items by organising a garage sale and reduce your load. Tips: Involve the entire family in the process because all have a few items that remind them of a special moment, loved ones and milestones. So, take their suggestions and make decisions smartly. Hire the best Gold Coast removalists to pack your large belongings and fragile items and attain peace of mind.

### **Wrapping Up**

These are some of the best hacks you can follow while downsizing your house for relocation. The process can be challenging if you have accumulated a lot of household items and sentimental stuff. Be mindful and de-clutter smartly to save time, money and energy

## **7. How to Maintain a Minimalist Lifestyle Long-Term**

Has your life been complicated and disorganized, and you are wondering how to live a simple life? Well, in this article, we will look at some minimalist lifestyle tips to help you.

You may have experienced a stress-free life as a kid growing up under your parents' household. It felt like you had all the time in the world and dreams seemed achievable.

The solution that can fit your needs is 'minimalism'. This way of life may not give you the same privilege you got as a kid, but you could find more satisfaction as you apply it to your life.

### **Essential Minimalist Lifestyle Tips**

If you are looking to embrace the minimalist lifestyle, here are some 21 minimalist lifestyle tips that you can follow.

#### **Minimalist Lifestyle Tips #1. Remain Focused and Maintain the Minimalist Mindset**



Focus is a bold word. Truth be told, it is easier said than done and maintaining it can be a hassle. Being minimalist requires focus and awareness of your actions. It all starts in the mindset and eventually translates into a habit.

To stay focused, you need to find your motivation. If the benefits mentioned before can't keep you going, then maybe you can think about your bills to pay, your health condition or your toxic social circle. Start from any motivation and as you keep being a minimalist, you will start to have a more positive outlook of life that will help drive your consistency.

### **Minimalist Lifestyle Tips #2. Set Goals**



Along with finding motivation, you will also need to develop goals. It will be great if you set short-term and long-term goals as a minimalist. Being minimalist enables you to be keen on details enough not to cross the borderline of being controlling.

Examples of having short-term goals include identifying which items are necessary and which ones are not, making a budget for everything and keeping tabs on the expenses. You can also set a schedule of the tasks to be done each day.

### **Minimalist Lifestyle Tips #3. Remove Unwanted Stress: Digital Detox**

Even if you own a few possessions and live in frugality, you can still extend your minimalist lifestyle to another aspect that existed because of technology – your digital activity. Nowadays, social media and other apps like mobile games and dating apps are easily accessible. Although technology is good, it can consume your time unknowingly and cause you to compromise your goals.

#### **Minimalist Lifestyle Tips #4. Prevention of Unwanted Stress: Meditation and Nature Therapy**

To complete your self-care, you also must tend to your physical health. You don't need to purchase gym equipment that you might be rarely using or a membership you are not committed to. Start with a few meditation exercises to build mind conditioning.

Once you attain that calmness, you can work on doing physical exercises without equipment. To encourage you more, you can walk outdoors and enjoy nature while on it. Minimalism teaches you to be more appreciative and by appreciating the beauty of nature, the habit of being content can be easily adapted.

#### **Minimalist Lifestyle Tips #5. Donate or Sell Appliances**

Do you have kitchen appliances that just sit and collect dust day in day out? How about you donate or sell those appliances and save some space. Another minimalist tip for the kitchen is throwing away dishes or other utensils that are chipped or cracked. Toss out any broken thing to minimize the kitchen space.

#### **Minimalist Lifestyle Tips #6. Create Schedules**

Schedules make you more organized. If you start making one, tasks will later become routines and thus, you can quickly measure the amount of effort to exert. Schedules also prevent you to overcommit so that you won't be wasting energy on something that needs only a certain amount.

However, there can be a thin line in following the schedule. One of which is forgetting that things will not always go as planned. This can sidetrack you and let other tasks go in disarray.

As you make your schedule, try to put allowances on every task. If your day turned out to be perfect, those accumulated allowances could turn into an excess period which you can spend more on unwinding and relaxation.

#### **#7. Tidy Up your Surrounding**

A messy workplace creates a messy thinking and produces a messy output. And then, you will have to redo things all over again because of such failure. To help you clear your mind, try to integrate the habit of tidying up your home or office regularly.

Cleaning will keep your room fresh and boost your minimalist attitude. It also helps to eliminate clutter and garbage without much effort.

There are practices being applied in the workplace such as the '5S'. If you apply that to your own personal environment, you can expect your productivity to increase. An organized space will also enable you to gear your efforts towards more important tasks.

#### **#8. Declutter your Wardrobe**

When people come across the term minimalism, the first thing they will think is having few possessions. This is true to a certain extent. You only need to remove the unwanted things and retain what is needed the most.

A good place to start is by eliminating unworn clothes in your wardrobe. If you are working nearby and rarely attend outside events, you don't need 10 pairs of sneakers or a set of similar dresses with each one color. A good rule of thumb is to eliminate clothes that you haven't worn in a year.



#### **#9. Maximize the Usefulness of an Item**

If you change clothes to go out only to find yourself spending a few minutes outside, do not put away your used clothes. If it is still clean, try to maximize its usefulness by hanging them to be used tomorrow or the latter part of the day. It will be a waste to wash clothes that are underutilized.

Another instance of underutilization is exercise. When you are at the comfort of your home, you don't need to dress up only to be drenched in sweat.

#### **#10. Eliminate Doubles**

Do you have too many sets of items like utensils in your cupboard? If so, then it's about time that you decluttered the room and eliminated some. It is a good idea to keep a few extras, but don't go overboard with it.

## **Bottom Line**

Minimal living is about embracing simplicity, mindfulness, and intentionality. By focusing on quality over quantity and eliminating excess, you can create a more organized, peaceful, and fulfilling life. Start small, be patient with the process, and remember that the goal is not to strip away everything, but to only keep what truly adds value to your life.

With time, you'll experience the benefits of a clutter-free space and a more intentional lifestyle that allows you to focus on what matters most.

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