

SEE YA' STUFF

THE ART OF MINIMALISM



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Introduction

The Dalai Lama once stated, “If one’s life is simple, contentment has to come. Simplicity is extremely important for happiness. Having few desires, feeling satisfied with what you have, is very vital; satisfaction with just enough food, clothing, and shelter to protect yourself from the elements.”

That same spiritual leader is one of the most influential people in the world, and you rarely see him without a beaming smile on his face. You see, that quote relates heavily to something that very few people have even heard of and that's minimalism. Those who have come across the term before usually only have a vague understanding of what it is.

Now, the fact that you’re reading this ebook suggests that either you’re interested in what minimalism has to offer or are looking to achieve a minimalistic approach to life. The reason the Dalai Lama radiates such happiness is that he knows that life is much more than the items we purchase or the possessions we own. He understands that happiness is first found within, not from external factors.

We’re not in any way saying you should try to replicate the way that the Dalai Lama lives, but you can draw on some of his principles. You can utilize minimalism to evolve your life. If you’re new to minimalism, then not to worry, because we’re going to categorize the information in a way that beginners can easily understand. Contrastingly, if you’re already familiar with the philosophy and need some instruction, the content will also cater to you as well.

In this one-of-a-kind “See Ya’ Stuff: The Art of Minimalism” ebook, you’ll discover the true meaning of minimalism. You’ll also learn about everything that minimalism *isn’t*, so you can ignore the fables and how to assess your own life through the lens of minimalism. Finally, we have some expert,

actionable tips that you'll be able to incorporate into your own life straight away.

So, are you ready to become a sponge for knowledge and potentially transform your life into an existence overflowing with happiness? Excellent! Let's get started!

What is Minimalism?

It's mind-boggling how many people have a jaded perception of what minimalism is. People with little knowledge of the particular philosophies involved tend to define minimalism as the by-products of the practice, and not define minimalism itself. Why? Well, because people fall into the trap of modern culture, and the conventional views of society easily influence them.

That's the same reason why people frequently think with their consumer's head on. It's just the way the world is. You're "supposed" to go to college, you're "supposed" to find a career, and, you're "supposed" to acquire a nice car and a beautiful house. Minimalism isn't just chucking away all of your possessions and living like it's the Stone Age. Rather, it's about working on your mindset.

Anyway, let's cover it in more detail. We'll look at it from a 'what it is' point of view, as well as from a 'what it isn't' point of view. After establishing the core aspects of minimalism, it should be easy to identify some of the benefits.

What Minimalism Is...

So, the most basic way to approach minimalism is to think of it as a way to prioritize the elements of your life that are most important to you. Of course, this is an area where you'll need to do some self-reflection to assess what you consider materialistic and what fills you with joy. Now, we urge you not to follow stereotypes. Decide for yourself what makes you feel great. Don't get hung up on what society believes shows an individual's importance.

For example, if a fancy car is what drags you out of bed in the morning and puts a smile on your face, then that's something that you should retain. On

the contrary, if traveling the world with nothing more than the items in your backpack fills you with joy, then go down that route. It's all about prioritizing what makes you happy and removing all of the excess stuff that doesn't have any real impact.

Broaden your view, too. Don't just think of physical objects when you consider the meaning of minimalism. Think relationships, pastimes, beliefs, ideas, and much more. You must question everything that relates to you and your life. Not by anyone else, but by yourself. Moreover, the reason why possessions often come under more scrutiny is that that's where individuals generally overindulge.

How often do you see someone fork out on a new car, even if it means putting themselves in financial difficulty? But, as we've already touched on, just removing possessions won't suffice. Nor will removing possessions just for the sake of it, because then you'll find yourself trapped in a vicious cycle of throwing out and repurchasing.

Determine what you can and cannot live without, and ultimately, what's going to lead to genuine happiness. You see, minimalism can become quite complicated when you start delving deeper, but really, it should be quite straightforward. Figure out what truly matters to you and what provides value to your life. Then distance yourself from all of the junk that has no meaningful place.

Minimalism is a journey on which you embark. It's a path that will guide you towards freedom on every level. It's a practice that empowers you to make life decisions that will honestly benefit you and those around you. No longer will you feed off the glitz and glam for a thrill, because you'll substitute that for happiness, self-development, growth, health, hobbies, and relationships.

Strangely, it's just a positive division of selfishness. You're putting your interests first and selectively choosing things that will result in your happiness, freedom, and fulfillment.

Logically, when you begin to eradicate certain unnecessary things from your life, you reduce the number of things that you own, the thoughts that clog your mind and the people you have around you. So, yes, minimalism is living with less, but it's better to think of it as living with more of what matters.

What Minimalism Isn't...

As you've gathered by now, minimalism is a philosophy rather than a series of independent acts. So, it's no surprise that we see a vast array of misconceptions in its understanding. Those misunderstandings repeatedly scare people away from joining this remarkable movement and finding freedom through living with purpose. It's therefore essential to dispel some of the myths and allow people to make their own balanced, informed decision.

Let's start with one of biggest and most common misconception.

- "Minimalists don't own anything or don't own anything luxurious." In fact, minimalists own as much or as little as they like, as long as they are things that are necessary or important to them.

By not regularly splashing out on materialistic items that fuel ego rather than achieve inner happiness, minimalists have more resources to acquire specific items of higher quality. For instance, let's say the average person unnecessarily buys three rings, two necklaces, and a bracelet. But to buy *more* than they need, they have to settle for lesser-quality items. A minimalist will refrain from owning too many items that they don't need and will, therefore, have more money to spend on one luxury piece.

- “A minimalist lifestyle is boring.” Well, let us tell you, it's probably more exciting than the typical lifestyle. That's because minimalists aren't bogged down by the repetitive tasks that many people face on a daily basis. Think about all the time it takes to maintain all your stuff. Cleaning all of those items, finding time for all those people, and keeping all those possessions organized can be considered mundane.

As minimalists typically have fewer possessions, they have more time to allocate to things that enhance their lives, like spending time with their family and dearest friends.

- “Minimalism is a cult of young people.” Yes, minimalism is a trending movement that has captured the attention of millions of Millennials. But to be fair, it's attracting the attention of people of all ages who want to live a simpler, more meaningful life. It doesn't matter whether you're young or old, you can still apply the principles of minimalism to your own life and transform it. Being older and having people depend on you may make the transition tougher, but it's still entirely possible.
- “Minimalistic people act like they are superior to everyone else.” We obviously can't speak for everyone, but most minimalists praise the lifestyle without coming across as condescending or patronizing. Most want others to experience the benefits and would never look down upon those who choose another way of life. Minimalism is all about prioritizing your happiness, not trying to compete with anyone else.

The Benefits of Minimalism

By now, you hopefully should be able to distinguish what minimalism represents from the inaccurate conceptions that people associate with it. When you understand the fine details of the practice, you can conjure a variety of benefits in your mind. You can envision areas of your life that would improve as a result of minimalism.

But, there's no harm in providing you with some concrete benefits of a minimalistic approach to life.

- **More time:** Time is something that everyone receives, but it's a finite resource which means you need to make the most out of it. When you prioritize what's important in your life and remove anything that's unnecessary, you find yourself with more time on your hands.
- **More money:** Again, money is a finite resource. But it's also a source of stress, unhappiness, and worry for a lot of people. That highlights how important it is to manage your money. When you stop wasting it on things that aren't needed, you give yourself more financial security.
- **More happiness:** It makes sense that if you prioritize everything that has value, meaning, and importance, you end up boosting your happiness. Also, putting effort into self-development and growth will add to your happiness. Happiness is the one thing we all crave, right?
- **More purpose:** By developing a mindset that only consciously looks at things, you start making decisions that are effective and beneficial to you. You'll give your life some new-found direction. You'll become passionate about things, and become more efficient in everything you do.

- **More confidence:** There's no denying that a significant motivation behind purchasing nice things and desiring materialistic possessions is to fuel your ego. But, that's because society is almost like a competition nowadays over who can have the best things. When you stop competing with others and be content with yourself, you'll gain confidence.
- **More enthusiasm:** A life that is jam-packed with valuable items and spent striving for things that will give you happiness, is a life that is bursting with energy. You'll wake every morning raring to go, and that level of enthusiasm will enable you to capture even more happiness.
- **More control:** Everyone wants to be in control of their destiny, huh? It's your life, and you're responsible for living it in the best way possible. With minimalism, you'll be able to suppress the pressure of society and consumer culture and be in a position to shape your own life.

What Really Matters?

The foundation for minimalism is determining what genuinely matters in your life. Assessing what makes a difference, adds value and creates happiness and eliminating everything else is essential if you want to become the best version of yourself. Too many people fill their time up with things that don't have much impact and bulk out their possessions with items that are unnecessary.

Not only does that stop you from reaching your true potential, but it can also affect your productivity, personality, and mental health.

Separating Trivial from Vital

We honestly appreciate how difficult it can be to throw your possessions out. You'll probably have some attachment to everything you own. Likewise, it can be challenging to distance yourself from some people and situations. Everything seems invaluable, and you can't live without it. Every opportunity looks like something you can't pass up, and every person sounds like they should be in your life.

There's nothing inherently wrong with thinking like that, but it's a mindset that won't get you very far. You'll end up stretching yourself too thinly, with very little time and energy to focus on yourself and what makes you happy. For instance, if you're driving towards more success in your career, you may feel the need to say "yes" to every opportunity that comes your way.

Your boss may invite you for dinner, a contact may ask you to pitch at a conference, and your company may ask that you attend an event on their behalf. While all of those things may add up to long-term success in your head, you forget that you also have a family back home, a day job to keep performing well in and you shouldn't forget your health.

That's why it's so important to be able to separate what's trivial from what's vital. When you can weigh something up in your head, and quickly discern whether it will have a positive impact or whether it will just be another spare part, your happiness will increase. Plus, not having an excessive workload or hectic schedule will reduce your stress.

Furthermore, it will empower you to contribute more because you'll be able to funnel all of your enthusiasm into one thing. You won't have to spread your energy across multiple tasks that become too much to handle. Most people subconsciously forget that they have the power of choice, which is why they succumb to the other people's desires and say "yes" far too often.

An excellent way to nullify that problem is to create a pros and cons list in your mind, and then execute it with intent. What that means is, if you can't categorically smash the cons list out of the park with the pros, then your answer should be a clear no. The only way you allocate your time, energy and focus to something is if it adds something positive to your life.

According to experts, those who abide by the trivial versus vital mantra decline around 90 percent of opportunities offered to them. Don't let that concern you, though, because it shows that minimalists really do live life on their terms and carefully choose things that will benefit them.

The Link between Minimalism and Mental Health

At this stage, it should be very apparent that minimalism is far from just chucking some old bits and pieces in the trash can. It's a set of habits, beliefs, and practices that guide you towards a life of happiness while reducing the amount of clutter you possess in the process. But, that clutter doesn't necessarily mean physical items, it can also relate to your ideas, thoughts, and ruminations.

Subsequently, that suggests minimalism and mental health do have closer ties than you may have first imagined. In our modern society, there's an obsession with doing more, having more and thinking more. You never hear anyone tell you to slow down, take a breather and simplify your thoughts. That's why most people find themselves hindered by negative thoughts, mental chatter, fears and obsessive thinking.

On the back of that, you then start to feel the physical effects of your exertion. Exhaustion, anxiety, depression, irritability, and disinterest can start to flare. Thus, it's obvious that hoarding (both in a physical and mental sense) can lead to a serious lack of happiness and passion for life.

Let us provide you with an example. A lot of (but not all) minimalists start their journey by reducing the size of their wardrobe. They clear out all of the clothes that they don't wear on a daily basis, remove all of the shoes that are just gathering dust and end up with a small number of items.

Partly, why they do that, is down to the mental health benefits that it offers. When you have so many items, your mind expends more energy and time processing what to wear on any day. Then you have the ritual of cleaning, folding and picking up the laundry. It all eventually takes its toll on the mind, and by giving your mind less to process, your life becomes simpler and less stressful.

So, why not begin today by replacing all of those obsessive and negative thoughts with optimism, simplicity and positive beliefs. When you start stressing less, doing less and being content with less, you start to broaden your horizon and appreciate the essence of life. Now, how can you remove the mental clutter and increase happiness? Easy. Love people and experiences, not possessions.

When you push money, cars, houses and nice things to the back of your mind, you stop worrying about the trivial things. Instead, your happiness will

be at the front of your mind, which comes through amazing experiences, beautiful relationships with others and long-lasting awesome memories.

Figure out what is meaningful to you and what brings value to your life. Once you've done that, you'll find it much easier instead to switch your pointless thinking to things that matter.

Practice Essentialism

We don't intend to barrage or overwhelm you with information, because information overload is the opposite of minimalism. But, we wanted to introduce you to a spin-off of minimalism, which has the moniker of essentialism. Essentialism and minimalism have very similar philosophies. However, essentialism relates more to the practice of "less is better" than minimalism.

Essentialism is not about living under a rock without Wi-Fi or connection to the modern ways of living. It's about utilizing your time and energy in the most efficient way possible. Specifically, in a way that molds your life into something that you want it to be, not an existence that is dictated by other people.

There's a New York bestselling book called, *Essentialism: The Disciplined Pursuit of Less* by Greg McKeown, and there are two quotes from the book which resonate. The first is, "Remember that if you don't prioritize your life, someone, else will," and the second is, "Essentialism is not about how to get more things done; it's about how to get the right things done."

When you follow the teachings of essentialism, you'll find that minimalism is a much smoother procedure. That's because essentialism drums it into you that you have control of your own life. You make the choices that you want

to make, you determine what is important in your life, and you decide how to spend your time.

Here are some methods that will help you do just that:

- **Find time to explore:** Explore new things and determine what matters to you. Explore all of your options to make the best decision. Listen, talk, question and think so you can find out what truly is trivial and what is vital.
- **Use your ability to choose:** We're all blessed with the opportunity to make our own choices, but very few regularly put that into action. So, only choose things based on your desires, happiness, and values.
- **Escape from life:** That may sound like a fantasy, considering how crazy life can get. But, if you genuinely want to achieve happiness in your own right, you'll find space to escape from life, so you can think, assess and discover what's important.
- **One rather than ten:** It's easy to allocate your time to several different things. People think they're capable of being on the go 24/7 and believe 24 hours is a long time. In fact, a busy schedule is counterproductive, and 24-hours is no time at all. So, put your energy into specific things.
- **Discover your purpose:** When you discover your purpose, you'll stop making baby-steps in a multitude of directions. Instead, you'll start making giant leaps in a direction that you care most about and start seeing results.
- **Sleep is vital:** People often underestimate the impact that sleep can have on your life. By getting the recommending amount of sleep each

night, you'll increase your productivity and boost your creativity. You'll achieve more in less time.

- **Assess the trade-offs:** Flip the way you think. Instead of judging a situation based on, "What has to be given up," judge a situation based on, "What you can gain." By removing things from your life that involve giving up more than you gain, you'll improve productivity.

Cut It Out

Now we come to the part that probably most of you have been eagerly awaiting. The stage where we provide you with steps that you can take to achieve a more minimalistic lifestyle. So, without further ado, let's dive into it.

Wardrobe Project

The wardrobe clearout is a pretty well-known mission in the minimalism world, and it's a fantastic way for beginners to test out the waters. It involves grabbing 33 items from your wardrobe and ruthlessly chucking them out. Now, of course, we aren't going to lead you into the project blind, so we've put together a list of items that tend to clog up unnecessary space:

- Items from previous partners
- Jeans that sadly don't fit anymore
- Outfits that you used to wear in college
- Christmas and other holiday sweaters
- Items riddled with holes, rips or stains

- Shoes that give you the worst blisters
- Winter coats that never get worn
- Items that are more transparent than they should be
- Sentimental pieces that cause you to burst out in tears
- Clothes that are more suited for the next generation
- Bras that are no longer the correct size
- Hats that don't do you any justice
- Gym gear that you haven't used in years
- Special occasion dresses that you know you'll never put on again
- Purses that are just there for extra choice
- Items that reveal a bit more than you'd like them to
- Anything that has a smell to it that the washing machine can't fix
- Clothes that aren't yours
- Sunglasses that you bought on holiday that you haven't worn since
- Belts that are falling apart
- Scarves that don't match with any of your outfits
- Items that have needed tailoring for years but haven't been
- Holiday clothes that don't fit in with your climate at home
- Anything that you have to manipulate to make fit
- Shorts that restrict blood flow to your legs
- Any items that are far too big
- Sparkly clothes that no longer meet your style
- Shirts that could be mistaken for dresses
- Items that are far too expensive to be simply lying around
- Duplicated clothes that aren't needed
- The top or bottom half of a suit piece
- Lycra that is splitting at the seams
- Jackets retained from your childhood

What a Minimalist House Looks Like

Now, not every minimalistic home across the world is going to be identical, but they do tend to share some similarities. The style, décor, and furniture

may differ, but the characteristics are transferable and can be copied to achieve a minimalist home. Want to know what those characteristics are? Here goes:

- **Décor:** Most people oblivious to minimalism assume that minimalist homes contain nothing. Just bare walls in neutral colors. In reality, minimalist homes aren't like that. It's all about decorating your home in a simple, stunning way and avoiding any clutter. So, you could have a few paintings on the wall, a coffee table with a vase and a desk with a family photo.
- **Furniture:** Again, minimalist homes stick to the theme of zero clutter. You won't find a plethora of furniture crammed into a small space. Instead, you'd have some pieces of gorgeous, essential furniture that look perfectly positioned. If we use the living room as an example, you could have a sofa, a coffee table, a chair, a television and a lamp. All of those aren't even considered essential. For extreme minimalists, they may only have a sofa, coffee table, and a chair.
- **Surfaces:** We'll tell you now, you won't discover a bunch of books, stacks of paper, unnecessary decorations or utter junk cluttering the surfaces. In the kitchen, minimalist houses contain the bare essentials needed and no fancy appliances that never get used. Now, you can include some subtle, elegant decorations, but not an overwhelming number.
- **Quantity:** We've already covered this, but minimalist homes don't contain a large number of items, pieces of furniture and decorations. But, that doesn't mean they don't contain anything at all. Rather than opting for quantity, minimalists focus on quality, so they can make their homes simplistic yet beautiful. For instance, they may go with a luxury corner couch, rather than two sofas and two chairs.

Actionable Tips

We're not telling you the transition to minimalism is going to be a walk in the park because if it were everyone would be jumping on the bandwagon. But, if you commit yourself to the philosophy, you'll find that your life improves dramatically. Relationships will strengthen, your mind will be calmer, happiness will arrive in abundance, and you'll have freedom like never before.

To assist you in the process, we're going to give you 10 actionable tips. If you apply them, they will lead you into minimalism as seamlessly as possible.

1) Start Small, Right Now

It would be naïve to expect to zoom into the inner realms of minimalism just by reading this ebook. If you attempt to go big from the off, you'll probably end up painting yourself a negative picture of the philosophy, because the transition won't be as successful. A better idea is to start small, as long as you start right now.

Progress will be slow and steady, but by starting small, you'll allow yourself to ease into minimalism, and build confidence step by step. While you're reading this, think of one tiny thing that you could live without, then go ahead and remove it from your life.

2) Keep Pushing When It Gets Tough

If you're going to enter minimalism and stick around, you've got to prepare yourself for difficult times where you'll be required to overcome some hurdles. You'll need to conjure up some perseverance, dedication, and motivation to keep going. But, remember why you started - you want a life that is free of stress and full of happiness, right?

It gets tough when you start to empty out all of your clutter because you feel like you're never going to be able to remove it all. But, one small step a time will lead you to where you want to be.

3) Make Decisions with Confidence

Confidence comes with time and experience, but it also derives from your mindset. You need to approach minimalism full of optimism, excitement and a drive to succeed. When you do that, you'll be able to make decisions and choices with absolute confidence and clarity in your mind.

Then, when you've made a few positive choices and tough decisions, you'll gain more confidence. In time, you'll be able to make decisions that are in line with your priorities faster than ever.

4) Use Visualization Techniques

Most people haven't heard of visualization techniques, or maybe they've briefly come across the term 'law of attraction' on the internet somewhere. When you break it down, it's very simple to understand. All you do is find a quiet place where you can connect with your thoughts in peace, and then envision the life that you want to attain.

In this instance, you'd visualize a life where you didn't have to do the laundry every day, you didn't have to shop every day, and you didn't have to attend every invite. Also, you'd think about all the extra time, happiness and purpose that you'd have.

5) Keep Moving

Never allow yourself to become too bogged down with a decision that you need to make. Like we've already mentioned, it's important that you start

small and scale up gradually. So, that means if you reach a point where you have no idea what to do, that's fine, don't panic. Leave that decision for another time and move on to something else.

For example, if you're going through your wardrobe and come across your wedding dress, you might find it difficult to decide whether to throw it out or not. Yes, you'll never wear it again, and it's taking up unnecessary space, but it holds a lot of meaning. Just take your time and move on.

6) Make It Fun

Decluttering your home, reducing your possessions and simplifying your life doesn't need to be a stressful task that is full of sadness. There are plenty of ways to make the process fun and enjoyable, all you need to do is tap into your imagination and find a creative way to remove those things that no longer have any real value to you.

So, let's say you were getting rid of some of your clothes. Gather all of the clothes that you're removing and place them in a bag. Every day, close your eyes, dip into the bag and grab an item. You can then go and hand that item to someone who needs it more.

7) Don't Expect Overnight Success

As with anything that's worth achieving, it doesn't happen overnight. It takes consistency, dedication, and effort to start seeing any noticeable results. So, when you decide to embark on your journey towards a minimalistic lifestyle, don't expect any drastic changes to occur in the first week.

Keep abiding by the principles day in-day out, and you'll eventually start noticing some improvements. Rather than waiting for those changes, enjoy the process and soak up the positive results as and when they happen.

8) Quiz Yourself

There's no doubt that you'll want to make the right decisions when it comes to decluttering your possessions. For most people, it's not realistic to start chucking everything away that they think may not be important. So, when tasked with making a demanding decision, ask yourself the right questions.

Plenty of minimalistic people do that, as it helps them come up with the best possible decision. Ask yourself – “When was the last time I used it?” “Does it make me happy?” “Does it serve a purpose that isn't covered by anything else?” “Does it have value?”

9) Discover a Support System

Your voyage into minimalism doesn't need to be a lonely one. Nowadays, there are millions of people that live a minimalistic lifestyle, and you're living in an era where you can connect with anyone, anywhere. That means there's a community of minimalists out there that are just waiting to support you, give you advice and provide you with much-needed encouragement.

Hop onto Facebook and search for a minimalism group to join, or search the web for a minimalism community in your area with the dates for some upcoming events. Alternatively, it could just be your loved ones that you turn to for support.

10) Work on Yourself

Before you start trying to convince others of the benefits of minimalism, it's important to first concentrate on yourself. Continue reaping the rewards from leading a minimalistic approach to life and be a living example of what less clutter can do. When they see your increased happiness, freedom and passion for life, they'll start to follow.

That is especially true with those that have a dependent family, or those living in shared accommodation. Yes, it may be more difficult to get others on board, but the positive effects of minimalism become contagious, so keep working on yourself.

Conclusion

We hope you've thoroughly enjoyed this ebook, but more importantly, we hope you use the information to improve your life. Minimalism is an ever-growing movement. It's a set of practices that enable people to find true happiness and freedom, starting from within.

Anyway, here are the top 10 things that you should take away from this ebook:

- **Determine what's important to you:** Minimalism is all about figuring out what matters the most to you in life. It doesn't matter what it is; it could be anything. But, if something gives you purpose, happiness, joy or freedom, then it's important to you. Deciding what has value is the first step of minimalism, so it's something that you shouldn't rush.
- **Minimalism is more than just removing possessions:** It's easy to assume that minimalism is just removing a bunch of possessions from your life and living with the bare essentials. While that may be partly true, minimalism is much more than that. It's a set of habits and practices that combine into a philosophy that will stay with you through life.
- **You'll have more finite resources:** When you figure out what's important to you, you can then go ahead and eliminate everything else that doesn't have much impact. Once you've done that, you'll find that you have a lot more time and money available to you. That's important because time and money are finite resources that millions of people stress over.
- **Discover your purpose:** It's crucial that you discover your purpose early on because then you can connect that to your minimalistic approach. When you find out what drives you to get out bed in the

morning, and what fills you with passion, you'll be able to identify what matters to you and what doesn't.

- **Trivial versus vital:** Discerning trivial from vital is a huge part of minimalism because it massively helps when deciding what's important and what isn't. Things that are vital are elements that aid your happiness, success, and purpose. Things that are trivial are unnecessary extras that people overindulge in simply because they can. It's crucial that you stick with the vital, and avoid the trivial.
- **Minimalism can boost mental health:** Minimalism has very close ties to mental health because your mind is a powerful tool that controls the decisions that you make. When you purchase too much and say "yes" to too many things, your mind is under pressure to process all of those things. Resultantly, you'll feel stressed, frustrated and exhausted. When you enter minimalism, you're able to eradicate all of that stress.
- **Practice essentialism:** Essentialism is a sub-division of minimalism, and it helps people come to terms with less is better. It teaches you that only the essential things that will benefit you in life are needed, and everything else is just interference. With that, you can approach every situation with the empowerment to say "no," because you know what matters to you in life.
- **The power of choice:** Please remember that you hold the power of choice, and your decisions are final. Yes, opportunities may seem too good to pass up, and nice items may seem attractive, but you have the choice to decline. People may question you, but as long as you're doing what fuels your happiness, nothing else matters. Don't let anyone else dictate your life.

- **Start small:** The most optimal route to take into minimalism is to commence with small tasks, and slowly work your way up as you gain confidence and experience. As long as you're doing something, no matter how small, you'll be making progress. For instance, if you throw away an old t-shirt, that's a step in the right direction towards your desired lifestyle.
- **It won't happen overnight:** Minimalism truly is a lifestyle worth obtaining, and for that reason, there's going to be obstacles along the way. It will take a ton of perseverance, hard work and commitment to reach a level where you're truly happy. But, enjoy the process. When you understand that results won't come overnight, you'll stop searching for a quick-fix, and you can cherish the journey.