

How to Live a Minimalist Lifestyle

Mindful minimalism is the art of striking a balance between buying less and not obsessing over buying less. It means owning fewer things, while at the same time, not becoming overly attached to the mission or identity of being “minimalist.”



1. Buy less stuff

When you're thinking about buying something, try to control any urge to “impulse shop” by writing it down and waiting a bit (maybe a week) before buying. See if you still want it after that.

If you do still want it, make sure you're buying something of high quality that lasts,

Appreciating a minimalist aesthetic helps here. If you can figure out how to incorporate a “less is more” style into your home's decor, it'll make it easier to get rid of things and buy less in the future.

2. Live simply

The easiest part to start with is getting rid of things you don't need. Donating your unused things and cleaning up your house is tangible progress and builds momentum.

But truly living a simpler, minimalist lifestyle often means considering fundamental changes in the way you live your life.

If you feel exceedingly busy, it's probably time to cut down on commitments, and say “No” more.

Minimalism often starts with simplifying your things, but it makes the biggest impact on your life when you expand it to your lifestyle and commitments.