

# Less is More!

## Ways To Implement Minimalism

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### What is minimalism?

Merriam-Webster defines minimalism as "a style or technique that is characterized by extreme sparseness and simplicity."<sup>1</sup> The meaning of minimalism varies for each individual. However, the main focus, prioritizing the things we most value, remains the same.



### Make the Decision to Change

If there are changes you want to make, you must first decide to make a change. Don't put off the decision now, telling yourself that you will do it in the future. There is no time like the present, and the longer you wait the less likely you are to do it.



### Reassess

Take a step back. Take the time to notice and evaluate what is important to you and what you use and do not use. This can be with material things you own, commitments you are making, or with the relationships that you have with others.



### Implement

Ways to implement minimalism include getting rid of the things you no longer need or no longer bring you joy, decluttering by selling or donating, and letting go of the things or the relationships that no longer bring you happiness and gratitude.



### The Goal

The goal of minimalism is to fill your life with things that add value and bring you joy.<sup>2</sup>



### Benefits:

#### - Less Stress

*The daily stress of cluttered possessions, commitments, and mindsets are minimized with minimalism.*<sup>3</sup>

#### - Improved Wellbeing

*You can focus on the most important aspects of life such as health, relationships, passions, and growth.*<sup>2-3</sup>

#### - Happiness

*Minimalism allows us to appreciate what we already have and to find contentment and joy in the things we choose to be surrounded by.*<sup>4</sup>

### References

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