

Minimalism and Money Saving

Do you find yourself overwhelmed, short on money, or addicted to shopping? If so, you might want to consider minimalism. Minimalism is the choice of owning, keeping, or attaching to less. With this comes the popular saying, quality over quantity. Deciding to own less also means a less cluttered space and mind, allowing for more freedom. You could end up doing something you never would have thought possible.

Owning less obviously means buying less, buying less means saving more money. Minimalists pay attention to what they buy, including both non-essential and essential items. Non-essentials can include clothing, decor, digital items, or unhealthy food and experiences. Essentials would be things such as healthy food, car, house, and utility payments. While the essentials are, well, essential, see if there is anything you could cut out or find an alternative to. With the non-essentials, if it does not make you happy, what are you doing?

Here are some buying tips I use:

- Do not buy or keep things that you cannot or do not use, do not bring you joy, and do not contribute to your life.
- To avoid impulse buying, try to wait 30 days without thinking about the item. At the end of the 30 days, check back and see if your life still would be improved.
- It is also important to consider storage, how often it would get used, and if it can be repaired easily.
- Use what you have first and repair what you love. An indicator of a quality item is if it comes with things to repair it with, such as a shirt with an extra button. Fixing things makes them last longer and adds character.

With minimalism, your attention can be focused more on what you want rather than what other people do. Your money can go towards brands that support sustainability, fair practices, quality, and care. There are also many ways your thinking patterns can change. Instead of thinking where to buy something you could start to think of how you can use something, or even how to make it. Minimalism is a change that you need to work at and consistently. There is no end, and the journey is important. You make it how you need it and no one else can tell you exactly what you need to do. Everything is trial and error and it is your responsibility to learn from it to better fit your ever-changing needs next time.

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