

Mini book • OMOWUNMISPEAKS

Minimalism is a good idea!



You can consider it and if you don't like it , that's okay too.
Take what you want and toss out the rest!

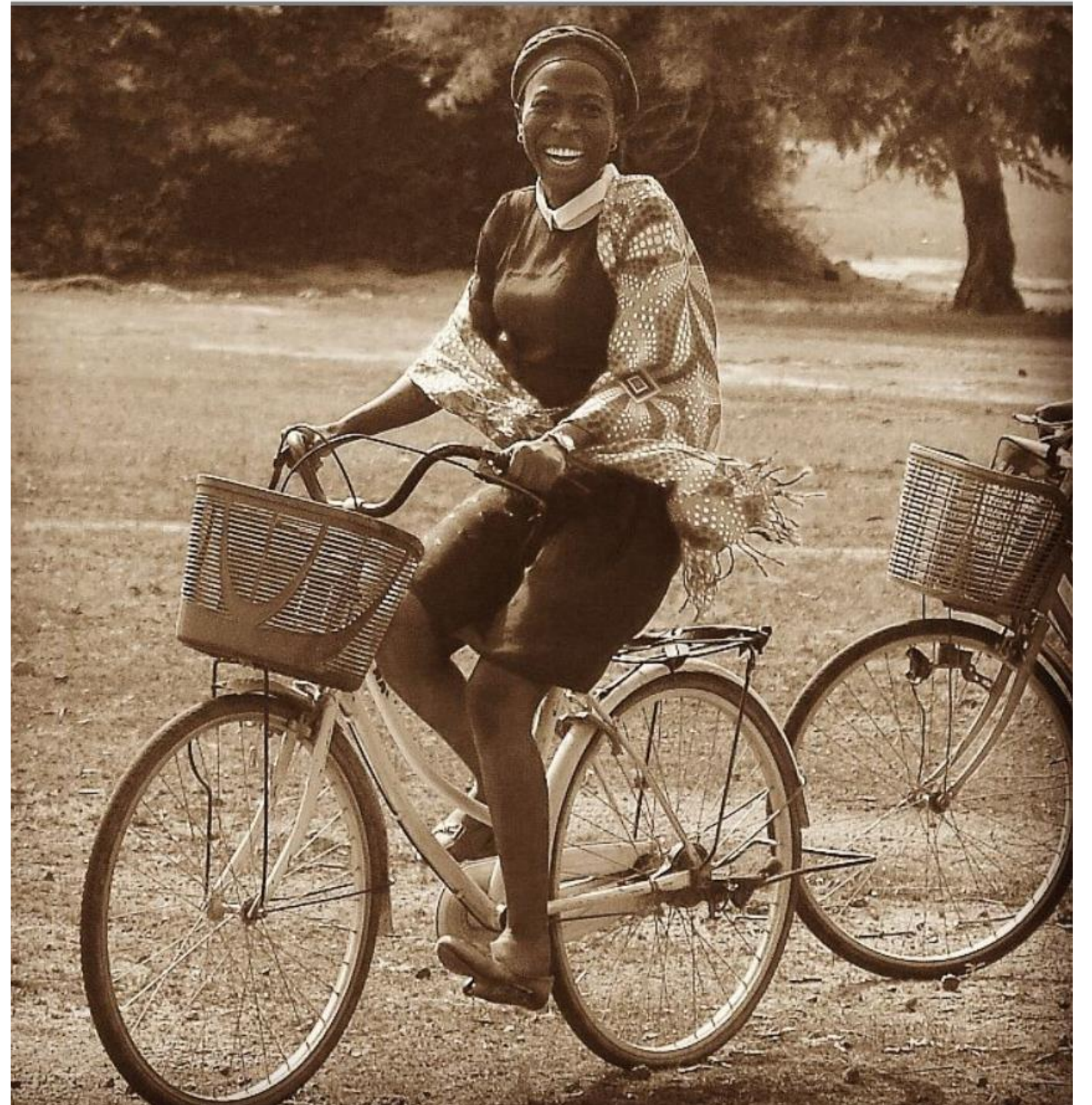
What Minimalism Means to me...

Minimalism means different things to different people, I would describe it as **living intentionally** (*on your own terms*) in ways that brings you **happiness**.

Being intentional means you are willing to commit your time to learning how to take charge of your life; by choosing what is really important to you. It is the freedom to choose.

Live your best life on your own terms! 

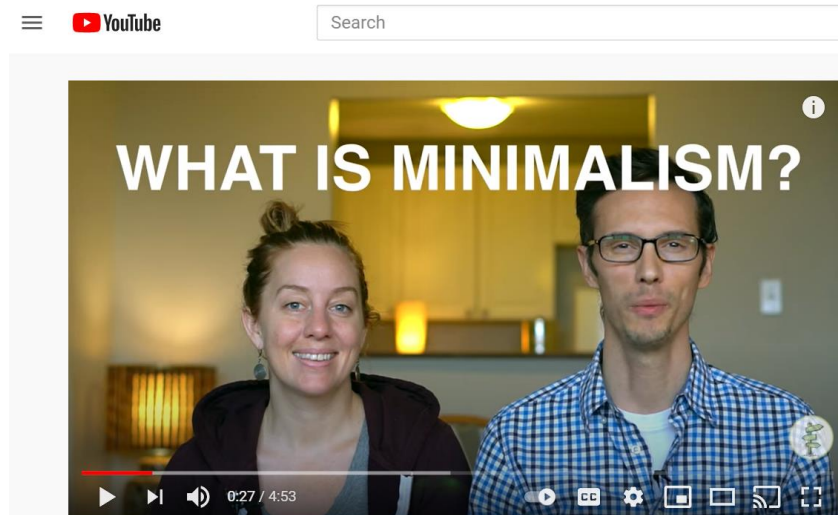
Minimalism is personal.
It is not a destination, it is a journey.



What Is Minimalism?

What Is Minimalism?

WRITTEN by JOSHUA BECKER · 97 COMMENTS



What others are saying about Minimalism:

Minimalism is a tool that can assist you in finding freedom.

It is counter-cultural.

A rich life with less stuff

Simplifying your life to the essentials

A meaningful life

A life with less clutter , less stuff , less stress , fewer distractions.

It is freedom from modern mania.

A life with more time , more meaningful relationship , more space, and contentment.

Doing more of what matters to you :

Less is More!-You really don't have to agree with this.

What Minimalism is not...



Minimalism is not :

- A Set of rules
- Deprivation
- Getting rid of your stuff
- Living in an all white house
- Wearing all black

There is no single set of rules or standards that you must follow and meet to be a minimalist.

WHY SHOULD YOU CONSIDER
MINIMALISM?

Benefit of Minimalism ?

Why Minimalism?



Minimalism promotes:

- Simple living
- Creativity
- Flexibility
- Living with less
- Saves time

You can create extra space in your life through intentional living!



Image credit | Unsplash | Tu tu

You honestly do not have to do anything!

However, if you would like to develop a lifestyle that is focused on doing what matters to you, then maybe you can consider minimalism.

How to get Started...



Image credit | Unsplash | STIL

Is this something you want?

Minimalism won't automatically fix your life. It takes time and effort. Are you sure this is something you would like to consider?

Start Small

If yes , then you can start small by learning more about minimalism and finding what you want to embrace.

Develop a habit

Minimalism is simple but not easy. Keep at it , until you have formed a habit.



Minimalism has helped me in many ways; I have learnt to be :

- Happy
- Content
- Intentional
- Mindful
- Value people and relationship
- Most importantly , I am grateful

I am not asking you to be a Minimalist , however I think there is a lot to learn from the principles of Minimalism.

SOMETHING TO THINK ABOUT

“The truth is that many things in our lives have dozens of correct answers. And we can pick the correct answer that suits us best. Sometimes we don’t know if our choice is the right choice until after we make it—and sometimes we never know. Often, the most important part is that we make a choice and stick to it.

Once we choose, then we live with our decision. If it was the right choice, then we learn a lesson. And if it was a wrong choice, then we learn a lesson. Either way we grow, and life goes on.”
- The Minimalist

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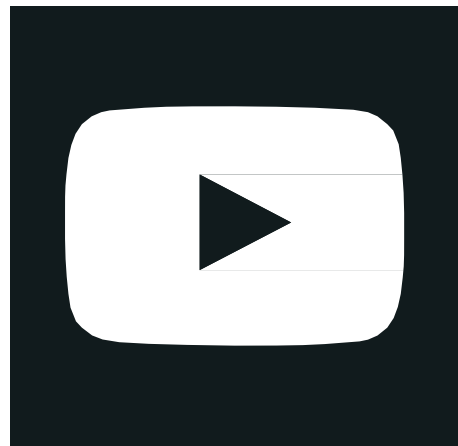


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Google



Youtube



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Free resources I use...

[The Minimalist](#)

[Zen Habits](#)

[Becoming Minimalist](#)

[Miss Minimalist](#)

[Kon Mari](#)

[Minimal Mom](#)

[Abundantly Minimal](#)

[Break the Twitch](#)

[Matt D'Avella](#)

[Be more with less](#)