

10 Benefits of Minimalism

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Benefit 1

Financial Gain:

When you own less, you spend less. When you own more, you spend more.

Minimalism creates more space and opportunity for your bank accounts and pockets to grow because there is a de-prioritization to spend your financial resources.

Fewer clothes, less furniture, fewer random things, fewer dishes, fewer mugs, fewer utensils, fewer tech gadgets, fewer bags, fewer shoes, fewer collections, less everything.

Hoarding is a pricey habit.

Benefit 2

Easier Moves:

Some people can't imagine moving out of a place they don't like or love because they own too much stuff. The move would take everything out of them to complete or be too costly to pay for because they have too much damn stuff.

If you enjoy living in different cities, states, or countries, minimalism creates more flexibility for quick and easier moves.

I've been able to pack up and go often because I don't collect stuff. There have been times I didn't even require a moving truck.

Benefit 3

Mental Peace

Some people thrive in cluttered environments, but more can thrive in a cleaned-up, minimal space.

It's easier to think straight when you're not deluged with stuff and can barely walk around without bumping into something.

Staying focused is easier when you don't have a million objects surrounding you.

It's easier to sleep at night when your room and home don't feel and look like a junkyard. You sleep more soundly and at a higher quality when your surroundings are minimal, clean, and organized.

Benefit 4

Time:

Tired of cleaning up so frequently? Get rid of your stuff. The more stuff you have, the more time you will likely need to allocate to cleaning. Moreover, your residence will likely get messier frequently because of how much stuff you own.

When you own less, you clean less. When you clean less, you get more time back.

Time is our most valuable resource; you can't recover time. So, gain more time back by eradicating the stuff you own, which will decrease how much time you allocate to cleaning.

Benefit 5

Fewer Attachments:

Most are attached to their belongings, and the more belongings you have, the more attachments you have.

There's nothing inherently wrong about attachments, but they can also become like prisons that enslave us.

For example, many people have attachments to their cars, homes, clothes, shoes, and technology. But many of these items that people "own" are why they're deluged with debt and have negative net worths. They are working to pay off their things, which usually offer little to no value.

Benefit 6

Happiness:

When you own less, you create space for the things and people that matter most.

Since you have more time on your hands and you de-prioritize spending, you can focus on cultivating relationships and enjoying experiences.

With less focus on consumption, you can increase your happiness and fulfillment.

Benefit 7

Beautiful Spaces:

This is a biased statement, but minimal spaces are beautiful, clean, sleek, modern, and admirable.

There is joy, love, and creativity to be found in the artsy, cluttered spaces, but the same can be found in minimal spaces.

Do some research on minimalist decor to acquire inspiration; there is likely at least one style you might enjoy.

Benefit 8

Emotional Clarity

There have been a few moments in my life when I started over. I gave most of my stuff away and realized what mattered most; it was never the things I owned.

When you intentionally own, acquire, and consume less, you gain emotional clarity because you're stepping outside the norm.

You're awakened. You step into observation mode of the world around you because you've jumped off the consumption train, which allows you to turn inward and notice what's inside.

Most people are constantly trying to acquire more stuff, more things, more luxuries, and more attachments, which numbs them from being in touch with their inner selves.

Benefit 9

Self-Discipline:

Minimalism is a form of self-discipline. It takes restraint to say "no" to gifts, more stuff, more luxuries, and more of everything.

It takes self-discipline not to collect and hoard. It takes self-discipline not to consume.

However, with self-discipline comes many rewards, which we discuss throughout this read.

Minimalism is practicing self-control with consumption.

Benefit 10

Only Benefits:

Benefit #10 is there are no cons to minimalism.

Your money increases, your mental and emotional health increases, your relationships can improve, you get more time to focus on what matters most, it's easier to pick up and go, and ultimately, you simplify your life when you own less stuff.

Try it for yourself by giving away a bunch of things you own and see for yourself what happens