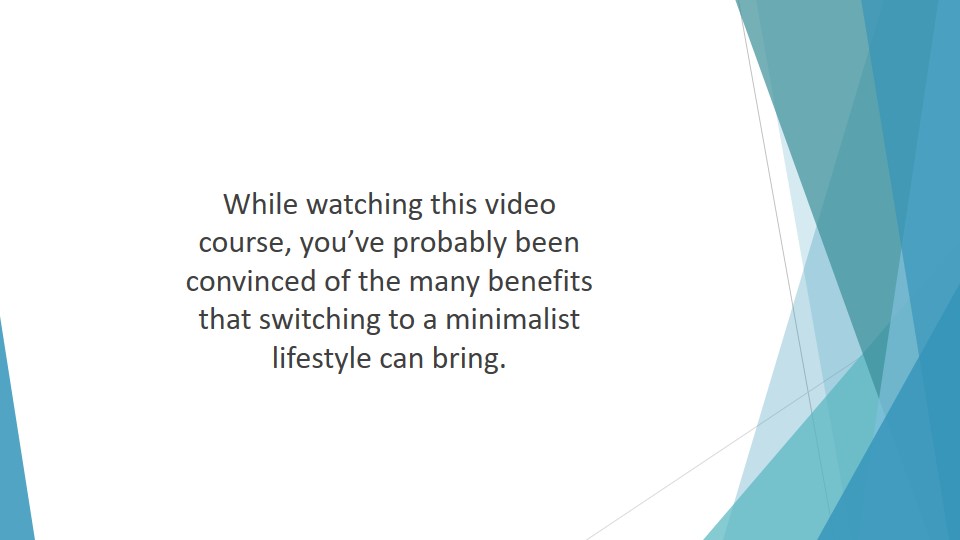
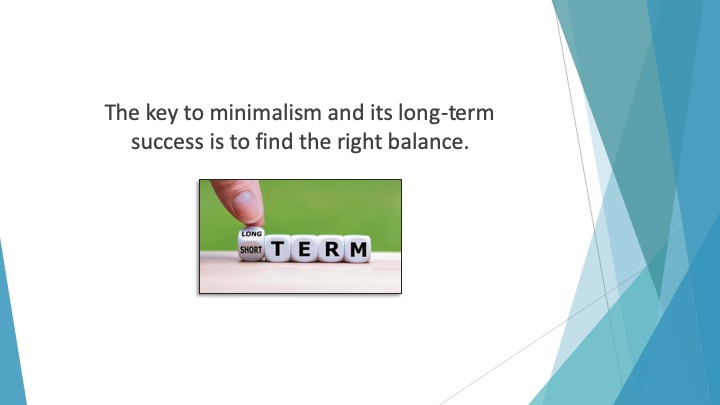
**Chapter 8: How To Balance Your Minimalist Lifestyle**

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**S1** : In this video, we’ll discover about “How to Balance Your Minimalist Lifestyle”



**S2 :** While watching this video course, you’ve probably been convinced of the many benefits that switching to a minimalist lifestyle can bring. The problems, however, begin to arise when you start thinking about how to implement those changes without causing problems in your everyday life.

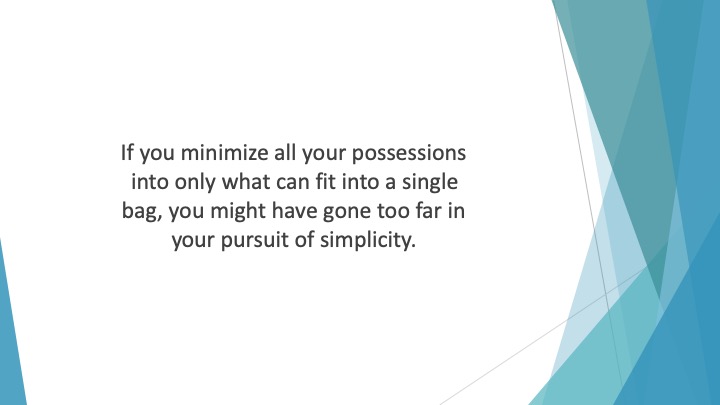


**S3** : The key to minimalism and its long-term success is to find the right balance. This is why people who adopt too ascetic an approach often end up failing to maintain their lifestyle in the long-term.

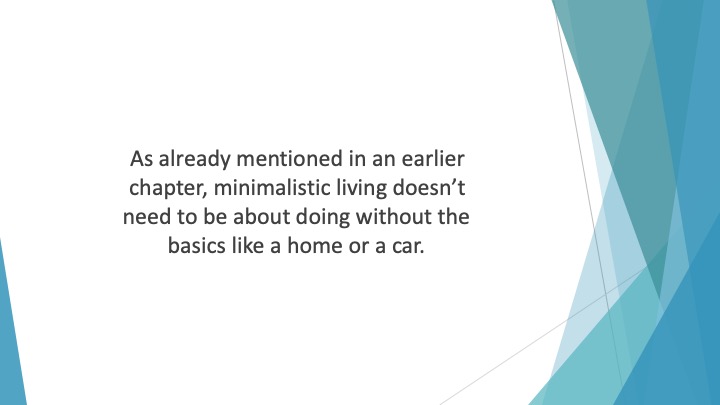


**S4** : The Problem with the Ascetic Approach

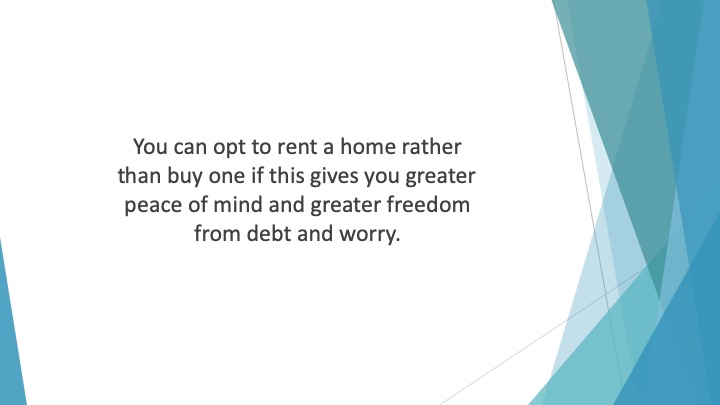
People who think that minimalism is all about eradicating possessions and items in their life to the extreme are almost certainly on a path to failure. There are very few people who can cope for any length of time without any home comforts.



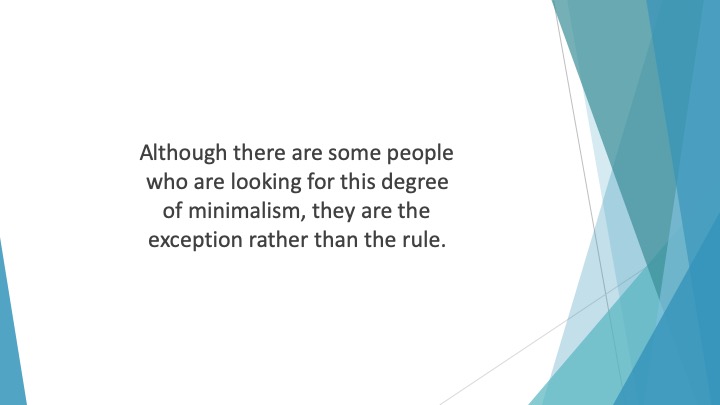
**S5 :** If you minimize all your possessions into only what can fit into a single bag, you might have gone too far in your pursuit of simplicity.



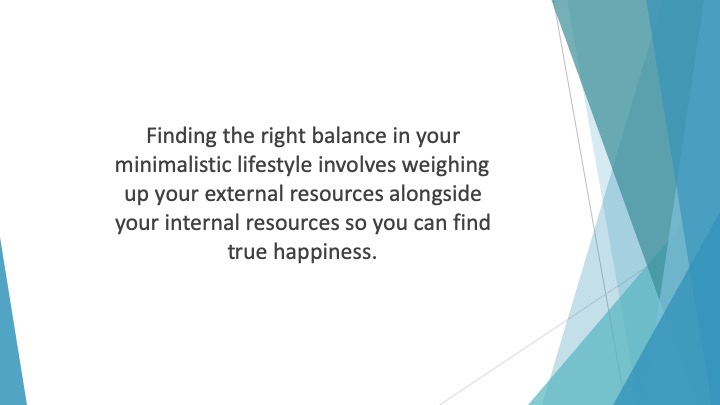
**S6 :** As already mentioned in an earlier chapter, minimalistic living doesn’t need to be about doing without the basics like a home or a car. It should rather be about doing away with anything which lacks importance and value.



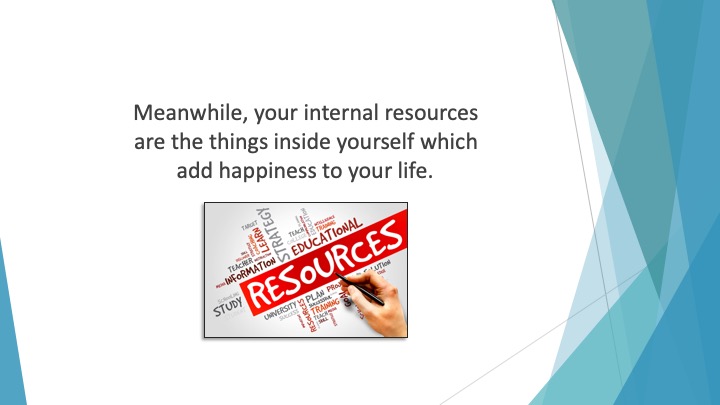
**S7 :** You can opt to rent a home rather than buy one if this gives you greater peace of mind and greater freedom from debt and worry. However, doing without a home at all is certainly something which isn’t suitable for everyone.



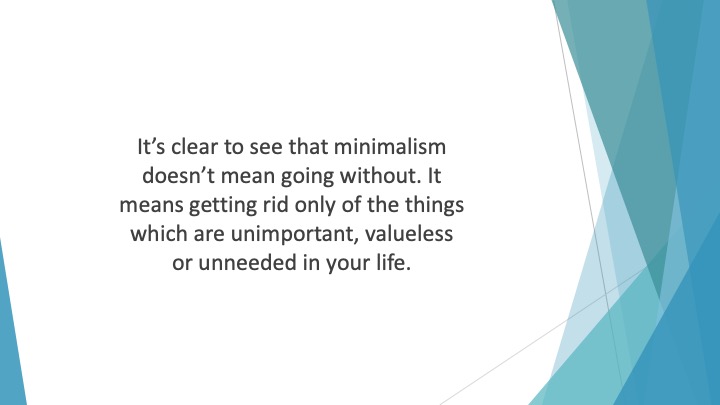
**S8 :** Although there are some people who are looking for this degree of minimalism, they are the exception rather than the rule.



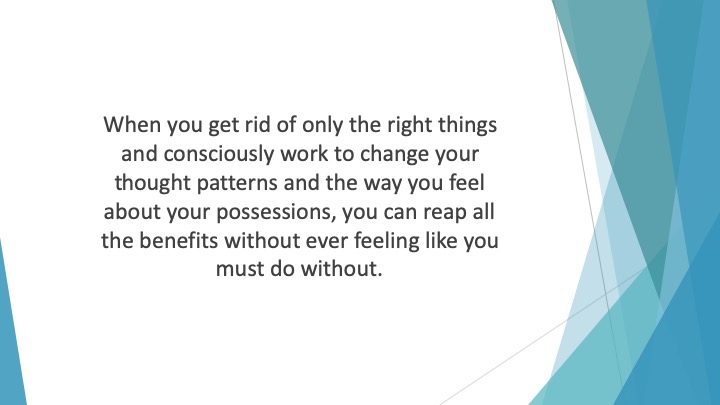
**S9 :** Finding the right balance in your minimalistic lifestyle involves weighing up your external resources alongside your internal resources so you can find true happiness. Your external resources are the things outside yourself that you value, and which add pleasure and joy to your life.



**S10 :** Meanwhile, your internal resources are the things inside yourself which add happiness to your life. For most of us, the perfect balance will involve a little of each to achieve true happiness and the right minimalistic approach.

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**S11 :** It’s clear to see that minimalism doesn’t mean going without. It means getting rid only of the things which are unimportant, valueless or unneeded in your life. It’s only by doing this that you can create enough room for the things which are the most important to you.



**S12 :** When you get rid of only the right things and consciously work to change your thought patterns and the way you feel about your possessions, you can reap all the benefits without ever feeling like you must do without. This is what balance means.

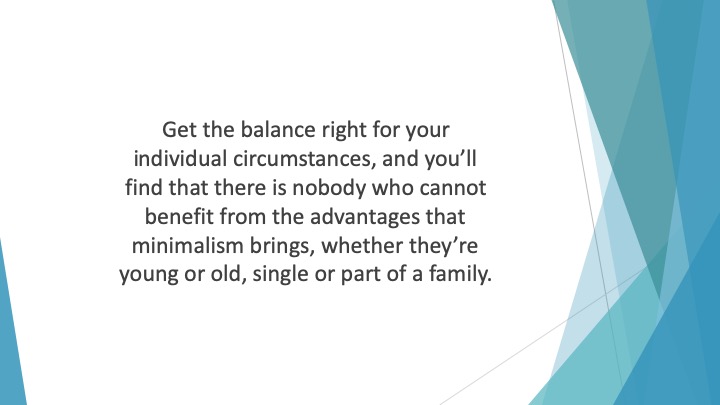


**S13 :** Minimalism for Everyone

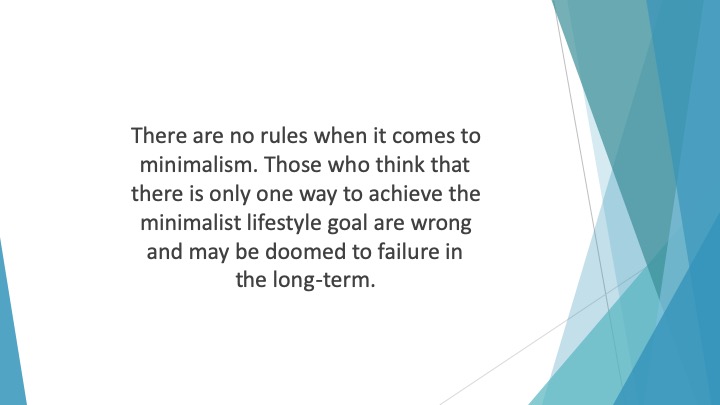
The minimalistic way of life isn’t just for certain people. Everyone can achieve balance in their own way when it comes to taking a minimalist approach to living. They simply need to find the most appropriate form to suit their lifestyle. Realistically, a growing family won’t be able to narrow down all their possessions into a single backpack.



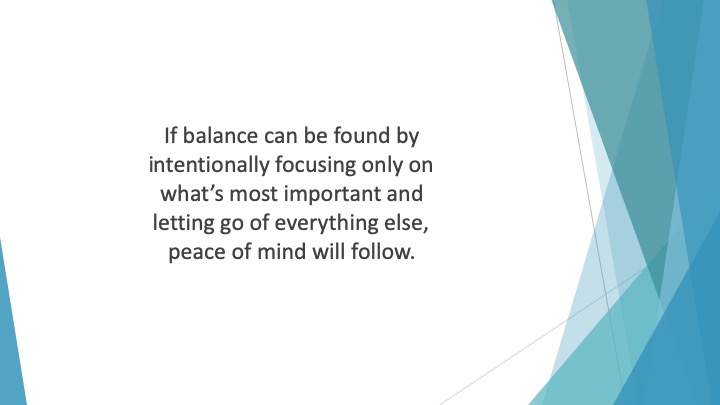
**S14 :** That doesn’t mean that they can’t adopt a minimalist approach to life. It’s more about a change of attitude rather than a sudden rush to eradicate items from your home and life.



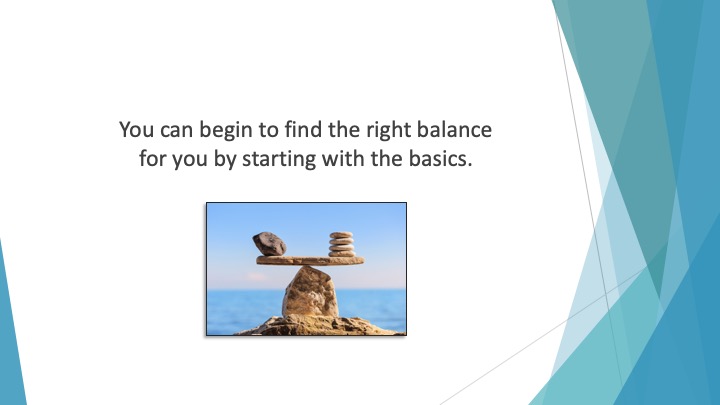
**S15** : Get the balance right for your individual circumstances, and you’ll find that there is nobody who cannot benefit from the advantages that minimalism brings, whether they’re young or old, single or part of a family.



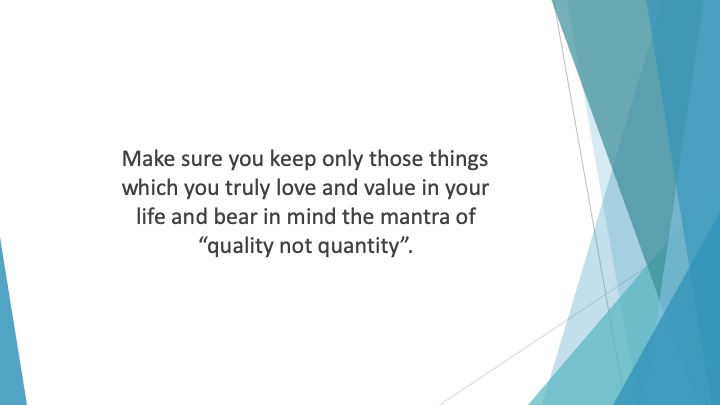
**S16 :** There are no rules when it comes to minimalism. Those who think that there is only one way to achieve the minimalist lifestyle goal are wrong and may be doomed to failure in the long-term. The rules can be tailored to meet the need of each individual or their family.



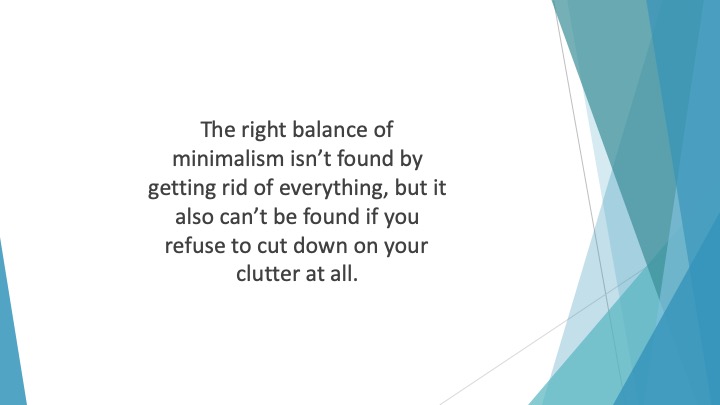
**S17 :** If balance can be found by intentionally focusing only on what’s most important and letting go of everything else, peace of mind will follow.



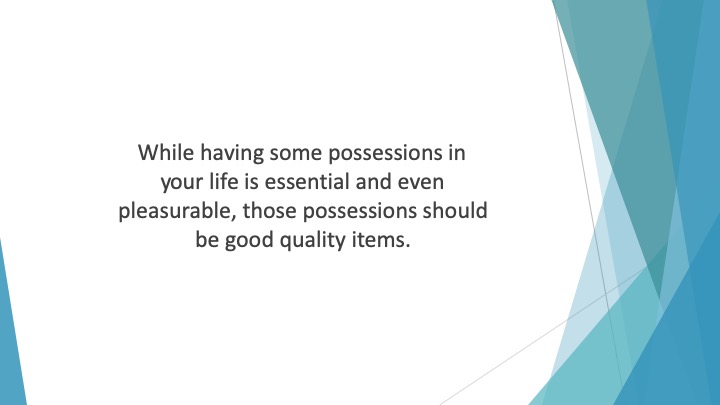
**S18 :** You can begin to find the right balance for you by starting with the basics. Clear the physical clutter in your life and then progress towards clearing the digital clutter and then the mental clutter which pervades your mind.



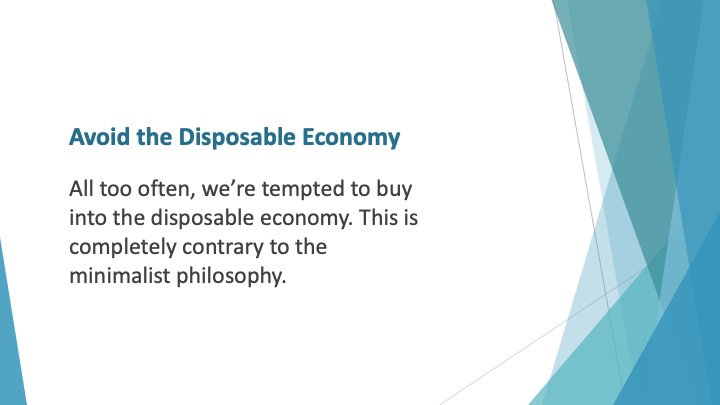
**S19 :** Make sure you keep only those things which you truly love and value in your life and bear in mind the mantra of “quality not quantity”.



**S20 :** The right balance of minimalism isn’t found by getting rid of everything, but it also can’t be found if you refuse to cut down on your clutter at all.

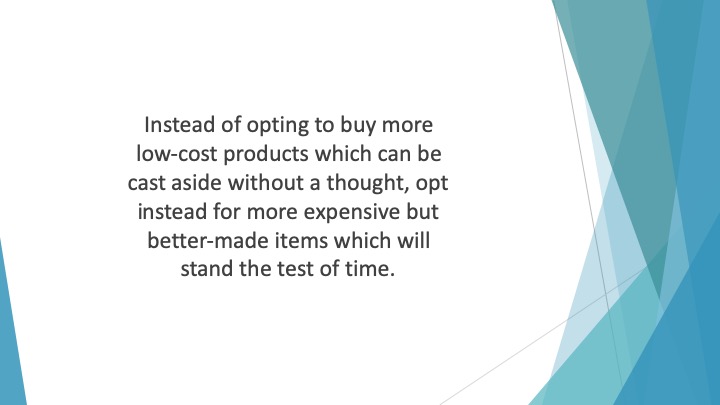
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**S21 :** The key is to consider quality over quantity every time. While having some possessions in your life is essential and even pleasurable, those possessions should be good quality items.

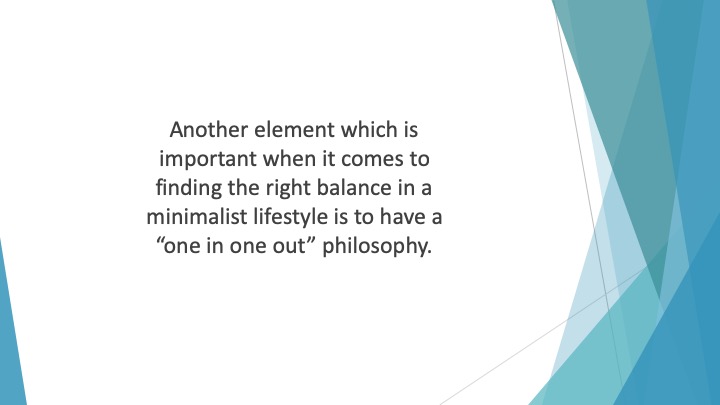


**S22 :** Avoid the Disposable Economy

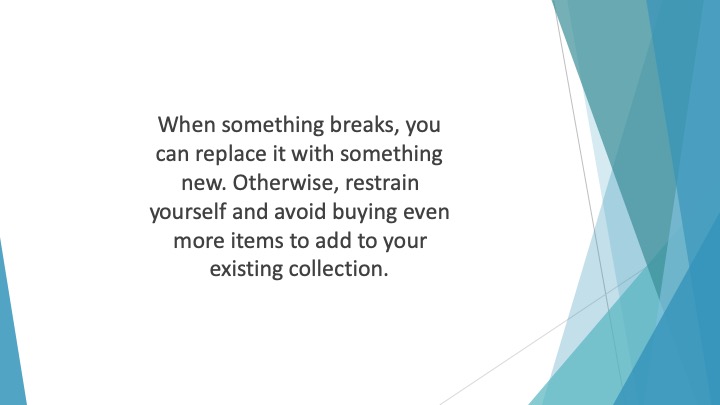
All too often, we’re tempted to buy into the disposable economy. We buy cheaply made products at low prices and then replace them when they stop working or when we simply don’t want or use them anymore. This is completely contrary to the minimalist philosophy.



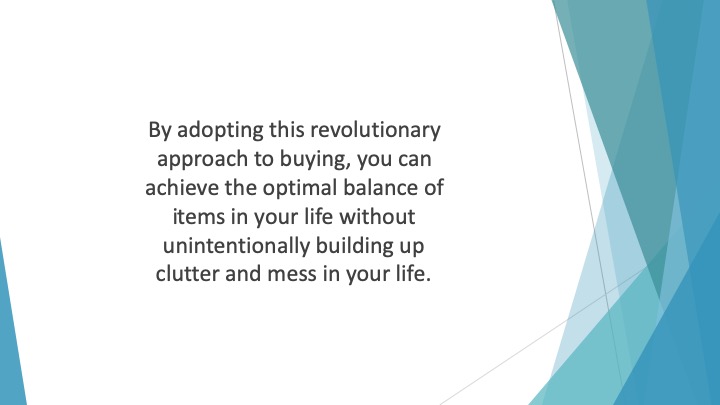
**S23 :** Instead of opting to buy more low-cost products which can be cast aside without a thought, opt instead for more expensive but better-made items which will stand the test of time. When you prioritize quality over quantity, you will be certain of having the things you love most around you for longer and of getting the greatest value from every single purchase you make.

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**S24 :** Another element which is important when it comes to finding the right balance in a minimalist lifestyle is to have a “one in one out” philosophy. Rather than adding to your possessions, only replace.

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**S25 :** When something breaks, you can replace it with something new. Otherwise, restrain yourself and avoid buying even more items to add to your existing collection. If you avoid the urge to buy a few times, you’ll soon realize that you can manage without those things which once you would have snapped up in a second.

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**S26 :** By adopting this revolutionary approach to buying, you can achieve the optimal balance of items in your life without unintentionally building up clutter and mess in your life.