
MINIMALISTIC LIFESTYLE – LESS IS MORE**Vidya Wankhade**

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ABSTRACT :-

Today's world is a world of completion about things, clothes, property, ornaments , decorations , cookware, furniture, linens, tools , books , toys etc we possess. The more we have the more we want. More things will make us more happy is a misconception followed by many these days. Man today wants a lot of things to survive comfortably in this world. By comfortable living one means buying all the things that are available in the market without giving it a second thought whether it will be of any use in future or not. We are just hoarding things for our selves, cluttering our mind and space around without figuring out their immediate importance in our life. Minimalism is misunderstood for sacrifice , deprivation , being miser, giving up all the modern conveniences etc, but actually minimalism is the key for a better life in the world today. Being minimalistic means you value your self more than the materialistic things . It simply means making decision based on what you essentially want then buying all the things you just want to show off your status. Minimalism is a theory based on valuing experiences rather than things , in modern world it is also termed as ‘ minimalistic management’. It is about having the right thing not the expensive thing. It gives importance to quality over quantity. It manages your financial planning and it saves a lot of time which you can invest on improving yourself . Minimalism is always an ongoing process where we constantly re-assess our value and needs.

Key words :- Minimalism , lifestyle, comfort, minimalistic management.

Introduction :-

What is minimalism ?

Minimalism is a tool that can assist you in finding freedom, managing your own life and taking smart decisions. Freedom from fear of showing off to relatives, friends and others. Freedom from worries about buying expensive stuff suiting your status. Freedom from overwhelm. Freedom from guilt of unnecessary loans and credit debts . Freedom from depression of repaying loans over expensive commodities you purchased . Freedom from the trappings of the consumer culture we've built our lives around. That doesn't mean there's anything inherently wrong with owning material possessions. Today's problem seems to be the meaning we assign to our stuff: we tend to give too much meaning to our things, often forsaking our health, our relationships, our passions, our personal growth, and our desire to contribute beyond ourselves. Want to own a car or a house? Great, have at it! Want to raise a family and have a career? If these things are important to you, then that's wonderful. Minimalism simply allows you to make these decisions more consciously, more deliberately.

Minimalism is a lifestyle in which you reduce your possessions to the least possible. Living with only the bare essentials has not only provided superficial benefits such as

the pleasure of a tidy room or the simple ease of cleaning, it has also led to a more fundamental shift. It's given a chance to think about what it really means to be happy. We think that the more we have, the happier we will be. We never know what tomorrow might bring, so we collect and save as much as we can. This means we need a lot of money, so we gradually start judging people by how much money they have. You convince yourself that you need to make a lot of money so you don't miss out on success. And for you to make money, you need everyone else to spend their money. And so it goes. Minimalism is exactly that metaphysical space we can create for ourselves to 'breathe' Adopting minimalism into your lifestyle in some capacity can help declutter our physical space as well as our mental space.

SIX DIFFERENT TYPES OF MINIMALISTS

There are six different types of minimalists, all adhering to their own values, to create the kind of minimal space needed for a specific ideal lifestyle

1. AESTHETIC MINIMALISTS:

This type of minimalism might be what first pops in your head — the super modern, colorless studio apartment with bare countertops, white walls, and maybe a single piece of abstract art or tapestry. This isn't necessarily about owning less, but having less on display. This type of minimalism allows for a clean fresh living space, where your mind isn't always cluttered or distracted by what's going on around the room. It's crisp, simple, and refreshing, a perfect environment to keep a person clear-minded and focused.

2. ESSENTIAL MINIMALISTS

This type of minimalism is all about 'essentialism' — deciphering what you want versus what you really need. The most frequent question you would ask yourself is: How much can you really live without? This breaks down to clothing, belongings, supplies, everything, bringing things back to the ultimate basics. By the end you'll probably only own just enough things to get you through about two weeks. By following this type of minimalism, your belongings will be more worthwhile, with an emphasis on quality over quantity.

3. EXPERIENTIAL MINIMALISTS

Also considered 'backpack' minimalists, these types live a life that allows them the ability to fit their entire life into a bag and be ready for any adventure that awaits. This type of minimalism revolves around the ideal that the pursuit of experiences is far more important than the pursuit of things. They own very little things purely as an outcome of their chosen lifestyle.

4. SUSTAINABLE MINIMALISTS

The environment is the number one focus in this type of minimalism, so they could be called the 'eco' minimalists as well. Green living and zero-waste are key: reduce, reuse, recycle. These minimalists find any possible way they can to reduce their carbon footprint on the planet. They might own more tools but their honing in on reducing their dependence on the consumption from the environment. DIY projects are a favorite for this minimalist, living off the land or being a very eco-friendly city resident is the probable lifestyle.

5. THRIFTY MINIMALISTS

Spending less is the main goal of this minimalism. Minimalist habits are adopted in this lifestyle due to a certain financial mindset. This could look like only buying clothes from thrift stores, tending to a personal, self-sufficient garden, refinishing furniture, living in a tiny apartment, or at least bunked up with several roommates to save on rent, riding a bike rather than owning a car, hanging onto things in case it might be needed in the future.

6. MINDFUL MINIMALISTS

This type of minimalism is focused on purpose or intention. A mindful minimalist finds spiritual enlightenment from stripping away all the extra, unnecessary things in life. This lifestyle is adopted purely in the mission of finding inner peace, or at least a more peaceful state of mind. Letting go of old possessions translates to letting go of guilt, stress or any other negative feelings to which our belongings can sometimes become associated. The goal is to only have things -furniture, clothes, other belongings that bring pure joy to your life. This makes way for a lifestyle where each of your belongings has a purpose.



FAMOUS PEOPLE WHO WERE MINIMALISTS :-

There are plenty of successful minimalists who lead appreciably different lives.

Confucius – Philosopher, Chinese mystic

“Life is really simple, but we insist on making it complicated.” He advocated a life with simple things and simple thought process.

Lao Tzu - Philosopher and Scholar

“Be contented with what you have, rejoice in the way things are . When you realize there is nothing lacking, the whole world belongs to you.” He wanted the people to focus on the things they have and use them to the best they could and not to be greedy and run behind materialistic things.

Marcus Aurelius – Emperor, Philosopher

“Very little is needed to make a happy life, it is all within your self , in your way of thinking .”

Leonardo Da Vinci – Inventor, Painter, Sculptor

“Simplicity is ultimate sophistication.”

Albert Einstein – “Three rules of work – out of clutter find simplicity , From discord find harmony, In the middle of difficulty lies opportunity.”

Mahatma Gandhi – “Live simply ... so others live simply ”

RECENT FAMOUS CELEBS WHO ARE MINIMALISTS :-

Mark Zuckerberg:-Mark, the founder of Facebook, is a billionaire who chooses to wear casual clothing as opposed to expensive name brand suits. He doesn't want to waste time on buying clothing , cluttering them in his wardrobes and wasting time in selecting them for occasions , but rather spends time on helping his community grow, *"I really want to clear my life to make it so that I have to make as few decisions as possible about anything except how to best serve this community"*.

Boris Johnson:- Boris, the former mayor of London, and currently the minister of Foreign Affairs of Great Britain, also chooses to live a simple life as he rides a bike to work instead of being driven by a driver. He believes it's a better alternative to driving and he encourages other to do the same.

Steve Jobs :-Steve, the founder of Apple, believed in the minimalistic lifestyle, both in his professional life and in his personal life, *"I remember going into Steve's house and he had almost no furniture in it. He just had a picture of Einstein, whom he admired greatly, and he had a Tiffany lamp and a chair and a bed. He just didn't believe in having lots of things around but he was incredibly careful in what he selected,"* -John Sculley

Conclusion :-

Living a more simple life helps you become the best version of yourself because you aren't worrying about materialistic or unimportant things.

The impact on **personal life** is limitless, but below are the five of the most defined benefits:

1. We have more time to spend doing things that we love and less time doing meaningless tasks like cleaning and organizing things that we don't even care about. We also save time not having to buy, repair or sell things that we don't even need.
2. We have a better ability to focus when we have less clutter around our home to distract us.
3. We have much more gratitude for and take better care of the things we own when they are more limited.
4. We have a greater sense of purpose in my life when we are less focused on physical things and more focused on the relationships and experiences that really matter.
5. We are able to provide an example to others who are busy buying things on loan just for the sake of it.

The impact of minimalism on **financial life** :-

1. Buying fewer things means that we have more money to go toward our financial goals such as saving for travel and hobbies.
2. Intentionally researching and buying things that last longer means that we spend less money in the long run.
3. We have more time to work on saving money and planning for the future, such as creating our own financial plan.
4. If we ended up purchasing a smaller it results in lower heating and cooling bills and less buying things in general because the small house will have small decor capacity.

5. Finally , when we start feeling satisfied with what we have we think of helping others.

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