Minimalism: Mind over Matter

When most people hear “minimalism” they envision forsaking technological advances to live off the land. It sounds restrictive. And restriction doesn’t jive with today’s “treat-yourself” mentality. In practice, though, minimalism is a strategy that can be employed to eliminate distractions and bring purpose into focus. It can reduce stress in your life and on the environment. Sure, minimalism means getting rid of things that are just that - things, but it also means focusing on the more; the more with which you’re going to fill your life.

Now that you have some background, let’s talk implementation. Before you start tossing your belongings in the trash, identify your goals. While we can assume one goal would be to become a physician, what else matters most? Family? Friends? A blog? A house? Traveling? Painting? Once you’ve nailed down your passions and hobbies, make sure your life has space for them! Minimalism doesn’t have to be an all-or-none lifestyle; determine what aspects of your life could benefit from trimming the fat and implement the practice. Bloggers at https://www.theminimalists.com/ call it embracing “a life with more time, more money, and more freedom.” Who doesn’t want that?