# 5 Ways Simple Living Changes Your Life

Living a minimalist lifestyle changes a lot more than cleaning out our closet and getting rid of the clutter in the garage. Minimalists can change their priorities, perspectives, and views of the world.

Living a minimalist lifestyle allows a person to generate peace of mind without the weight of possessions or responsibilities weighing us down in life. Here are five ways living a minimalist lifestyle changes your life.

## #1 A Feeling of Calmness in Your Life

Living minimally reduces the stress and anxiety in our lives that pushes us towards anxiety, depression, and thoughts of low self-worth. You get a sense of clarity that leaves you content with your current situation and divorced from a conventional consumer mentality.

## #2 A Respect for Your Possessions & Living Space

When we introduce minimalist practices into our lives, it usually starts with getting rid of the clutter. By freeing yourself from these items, you eliminate them from your conscious mind, and they no longer have any hold on you.

## #3 An Appreciation for Your Time

When you remove the clutter in your life, you get a clear view of what really matters to you. Your decisions become easier to make, and you find you have more time in your day to handle those responsibilities that matter to you. You'll find everything more enjoyable and more effective, and everything seems to flow, with nothing taking extra time in your day.

## #4 Respect for Joyful Experiences in Life

When you live a minimalist lifestyle, you experience the realization that life is about experiences, not possessions. When you live according to your authentic self, you intuitively get the guidance you need to make the right decisions and solve life's problems. Instead of saving up for that new dress watch, you're more inclined to save for a vacation with your friends in Cancun this year.

## #5 It's Easy to Let Go of Things in Your Life That Don't Serve You

A minimalist lifestyle is about embracing what serves you and letting go of what doesn't bring you joy. You find out what you need and don't need in life, and you're comfortable with what you have. There's no need to chase trends or spend money on things you don't need. You won't bother buying things that don't bring joy and value into your life, and you feel confident and secure in your place in the world.