

## What is Minimalism

There are a lot of things being said about Minimalism on social media today. Some posts on minimalism are excellent, some are a bit extreme. Minimalism is not about becoming a hoarder or a cheapskate, but it is truly about freeing up your life to do the things important to you.

I embraced this lifestyle about 10 years ago when I met Joshua Becker. He is the one that got me on the smooth path of simplicity. Read about him at: [www.becomingminimalist.com](http://www.becomingminimalist.com). If you sign up for his weekly email, he normally gives you a free ebook copy of his book "Simplicity". Excellent read.

As you eliminate the unnecessary and focus on what is truly important, you become so much happier and more content. A clean workspace just makes you feel good. A closet overflowing with last year's clothes that you will never wear again is never a good thing. Joshua points out that we can only do one thing, so we must start on that one drawer or one closet and begin the process.

I will try and post a new blog about minimalism each week and possibly get up to two per week. In our early months, I want to zero in on investments. As you embrace minimalism, it will help you to have more money to invest. It is all interconnected.

In a recent article, Miriam Caldwell wrote about 8 ways minimalism can help you. Some of those are tied directly to having more money to invest. She points out that you don't have to drastically change your lifestyle. Perhaps it is not a lifestyle for you, but it is worthy of considering all the advantages. Check her article out at:

<https://www.thebalance.com/how-minimalism-can-help-your-finances-4150693/>