**7 Ways to Ease into a Minimalist Lifestyle**

Minimalist living, while not quite yet a social norm, has the potential to become the lifestyle of the future. More and more people are turning to minimalism in order to simplify crowded, hectic lives and liberate themselves from materialism. They’re learning to thrive with less and loving it.

The transition to minimalism can be a bit of a 'culture shock' if you jump in with both feet. In order to adapt and create a successful and sustainable minimalist lifestyle, you need to ease yourself into it. Here are 7 helpful ways to do that.

1. **Do one room at a time**

This is the best way to take it step by step and give yourself time to adapt. Declutter, simplify and streamline one room at a time and reflect on the results. If they're too Spartan for your taste, add a few more items until the room feels comfortable and inviting to you.

Move on to the next room and do the same. As each room is finished, spend as much time as you can in it to ease into the new feel of minimalist living.

1. **Cook simpler meals**

Extend your minimalism to daily meals by preparing simple, nutritious dishes. Learn to enjoy the taste of one or two tasty, simply-prepared dishes at each meal rather than an elaborately-prepared array of dishes.

If you love to cook, this will be a great challenge for you. Get creative and find innovative ways to create more with less!

1. **Save up for quality things**

Minimalism will allow you to save because by living with less, you spend less. When it's time to replace an item, always opt for quality. Quality lasts longer, always looks great and requires less maintenance so it's an ideal investment in minimalist living.

Moreover, it'll be much easier to afford quality things because you won’t have to break the bank. Put away what you save from living with less and invest the money towards buying the best.

1. **Use social media for ideas**

Your minimalist lifestyle should be unique to you but if you feel a bit lost, check out some great minimalist ideas on Pinterest, Facebook and other social media platforms.

Use these ideas to help you simplify your home and whenever possible, don’t copy but add some different touches to make them your own.

1. **Streamline your wardrobe**

Our closets are sometimes the most crowded and cluttered places in our homes. Minimalist living means not standing for ages before an open closet trying to decide what to wear. Always think simplicity.

Streamline your wardrobe by keeping only the clothes that you wear frequently and clearing out all those things you bought on sale but never wear. A simple, classic style in solid colors will suit any occasion and help you coordinate outfits. Always buy good quality clothing when you need it, not when you want it!

1. **Streamline your social life**

A busy social life can actually be more stressful than enjoyable because it crowds up your life. Streamline your social life by attending events that bring you real enjoyment and value, such as activities with close friends or important networking events. This is also the time to start easing out of shallow relationships that bring you no value and just waste your time.

1. **Think before you buy**

Once your life is simplified and streamlined, you want to keep it that way. This means making wise buying decisions.

Always think before you buy. Consider whether something will bring you real value, put quality over quantity, and buy what you need rather than what you want. These three rules will quickly help you make smart buying decisions and keep your home and closets minimal and clutter-free.

**Conclusion**

Anyone can embrace minimalist living and successfully sustain it for the rest of their lives. Many people who’ve become minimalists swear that after experiencing the benefits, they can never go back to their complicated lifestyles. This could include you!

But first, you need to ease into your new lifestyle because you may find some aspects of it challenging. Give yourself time and don’t rush. Take it in small steps. Gradually, you'll find that living with less brings you more happiness and peace of mind than you ever had living with more!