**The 6 Essential Rules of Minimalist Living**

The great thing about minimalist living is that it's not a strategy carved in stone. It doesn't involve specific steps, methods or timelines. You can totally customize it to fit your l living circumstances and personal preferences.

However, there are 6 essential rules you should build your minimalist lifestyle around. They'll help you achieve the ultimate goal of minimalism, which is to simplify and streamline your life.

1. **Take it in small steps**

If you're new to minimalism you should avoid going to extremes in one go. While some veteran minimalists choose to pare down their living spaces to the very bare essentials, they’ve gradually dome this as they've learned to enjoy living with much less.

New minimalists will find it uncomfortable to live too sparingly at first. This is especially true for those who are on the materialistic side and have accumulated a lot of stuff over the years. Getting rid of all or most of it in one go will probably be too difficult.

Start with a complete decluttering of your living space where you clear out and store or donate everything that you don't use regularly. This is a great starting step that will noticeably simplify your space. You can gradually get more streamlined and Spartan as you get used to living in a simpler, clutter-free space.

In fact, you'll be eager to find new ways to streamline your home even more as you begin to experience the joys of thriving with less.

1. **Multipurpose**

Always get rid of duplicate items and learn to simplify by multi-purposing.

You'll find dozens of these duplicate items needlessly taking up space in your cupboards and drawers. Things like garlic crushers, lemon-squeezers, too many cups and mugs – and dozens of duplicate beauty and personal hygiene products are a few examples.

Pare down all of these items to one or two, or even consider getting rid of them. For example, crushing garlic with the edge of a knife could be simpler than rummaging in a cluttered drawer for the crusher.

1. **Follow the 90-day rule**

Stay on top of clutter by doing an inventory of your possessions every 6 months. The rule states that anything you haven’t used in 90 days or more isn't likely to be used - ditch it or store it.

Following the 90-day rule prevents clutter from stealthily accumulating and becoming an eyesore to your beautiful, minimalist space. You've already been through one major decluttering and likely don't want to go through it again. This should help you follow the 90-day rule diligently.

1. **Think need instead of want**

Any purchasing decision you consider should be preceded with the question: do you need it or want it? One of the biggest life-changing benefits of minimalist living is to liberate yourself from material possessions and the need to own them. Sustaining your minimalist lifestyle revolves around learning to thrive on less and therefore, put needs over wants.

Of course you should buy something if it really appeals to you even though it's not necessary. Just try to make sure that these purchases are the exception and not the rule.

1. **Make it your own**

Personalize your minimalist lifestyle to suit your tastes and preferences. Some minimalists enjoy living with a bit more, while others prefer living with a lot less. Some minimalist homes have bare walls and floors while others contain wall art and other tasteful decorative items.

What sort of living space you create is totally up to you. The goal is for your home to be simple but also warm, relaxing and comfortable for you and your family.

1. **Extend your reach**

Minimalist living usually starts with the home but over time, should be extended to other areas of your life. Your office, garage, back yard and even your car can be transformed into simple clutter-free spaces as well.

Your minimalist mindset can also extend to relationships, habits, and social life, for example. All of this will bring amazing stability and structure into your life, allowing you to pursue the things that really matter to you.

**Conclusion**

Minimalist living is a versatile, empowering and liberating lifestyle that can dramatically improve your life. It's a laid-back, less hectic way of life that teaches you to embrace all that is simple.

When you learn to enjoy living with less, you'll never want to go back to your stressful, complicated pre-minimalist life. Just remember to make the best of your minimalist lifestyle by following the 6 essential rules.