**The Pros and Cons of Minimalist Living**

Most people who choose to practice minimalist living hail it as a life-changer that has brought them numerous benefits. But minimalist living just isn't for everyone. While some people try it and love it, others try it and hate it.

Like any lifestyle or practice, minimalism has its advantages and disadvantages. Here's a rundown on the main pros and cons of minimalism:

**PROS**

* **You save money**

Saving money is one of the biggest pros of minimalist living. Because the goal is to simplify your life by living with less, you end up buying less and focusing on needs rather than wants. Naturally, this saves you quite a bit of money.

For this reason, minimalism can be a good lifestyle choice for people looking to get out of debt or create a measure of financial stability.

* **You help the environment**

Minimalism decreases your carbon footprint and overall consumption, which allows you to do your part, however small, in keeping the planet clean. Many minimalists combine their 'less is more' lifestyle with greener practices as well, such as recycling, buying green products and keeping an environment-friendly home. For people who truly care about conservation, minimalism is the ideal way to practice what they preach and set an example for others.

* **You save time and resources**

A simple minimalist home can save you hours of cleaning because you have fewer things to clean. A spare, minimalist home also has more open space, making mopping, dusting and getting into corners a breeze.

You may also be surprised at how much you end up saving on resources such as cleaning and maintenance services, as well as cleaning products. For people who loathe housecleaning, it's a win-win situation!

* **You have time for yourself**

Minimalist living isn't just about simplifying your home but your whole lifestyle. This includes moderating your use of technology, TV time, and social commitments. This means you end up having more time for yourself.

You can choose to spend that time on hobbies, self-improvement, spiritual growth or whatever else takes your fancy.

**CONS**

* **There are no concrete rules**

While this is in some ways an advantage, it could be confusing for someone practicing minimalism for the first time. There are no concrete steps or rules for how to practice minimalism. It's totally up to you how far you want to take it and how you customize it to your personal preferences.

There are dozens of online guides for minimalist living but they tend to vary and should be taken as recommendations rather than blueprints to be copied.

* **The transition is difficult**

Learning to live with fewer material possessions can be challenging for many people. In a culture where having more and buying more is a sign of success and prestige, we've become slaves to materialism.

The transition from more to less, and developing a mindset of putting needs over wants is tough. Some people have the patience to see it through, others may find it too uncomfortable.

* **You may be misunderstood**

Minimalist living is becoming increasingly popular but it's not really socially accepted. In a consumer-driven culture, a minimalist may be seen as someone who’s miserly and frugal. While this isn't always the case, it could place an additional challenge on someone who opts for minimalist living for completely different reasons.

* **It may be hard for families**

Getting your family to embrace minimalist living can be a real struggle. You may get a lot of push-back from kids who don't want to be limited to one TV screen in the home or give up all of their gadgets. Additionally, people have different tastes and some family members may like living with a bit of clutter because it makes the place "homey".

It's possible to find a compromise – or simply put your foot down if you're the rule-maker but it is an obstacle that will most likely come up.

**Conclusion**

If you're considering a minimalist lifestyle, it helps to understand not only its wonderful benefits but also the obstacles you might encounter. The good news is that most of the disadvantages can be overcome if you give yourself and your family time to adapt.

Weigh the pros and cons described here to decide if a minimalist lifestyle could work for you. However, the best advice is to give it a try regardless. If the idea of a simpler, more streamlined lifestyle appeals to you, go for it! Changes are, things will look very different in practice. You'll likely find that the disadvantages quickly disappear. Rather than struggling to live with less, you may find that you thrive on living with less!