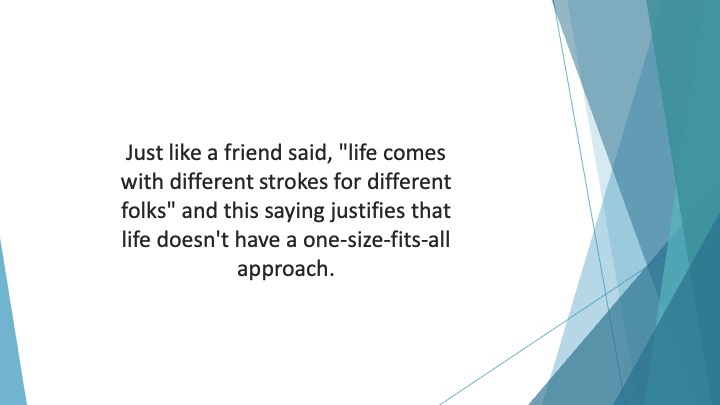
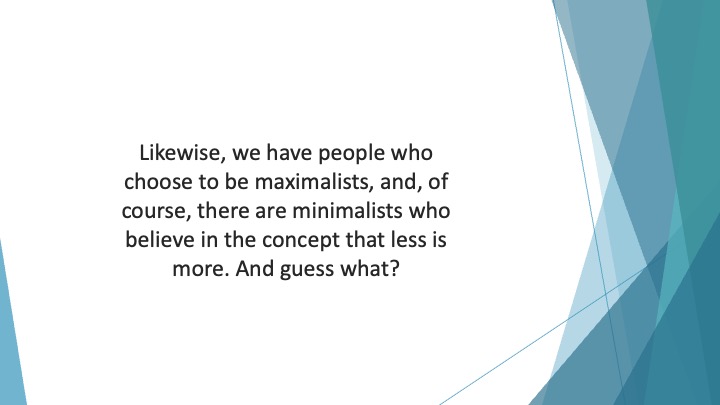
**Chapter 3: Challenges of Being a Minimalist and Simplifying your Life**

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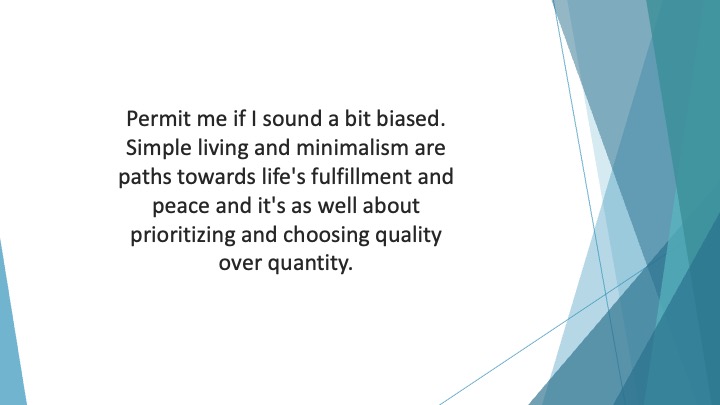
**S1** : In this video, we’ll discover about “Challenges of Being a Minimalist and Simplifying your Life”



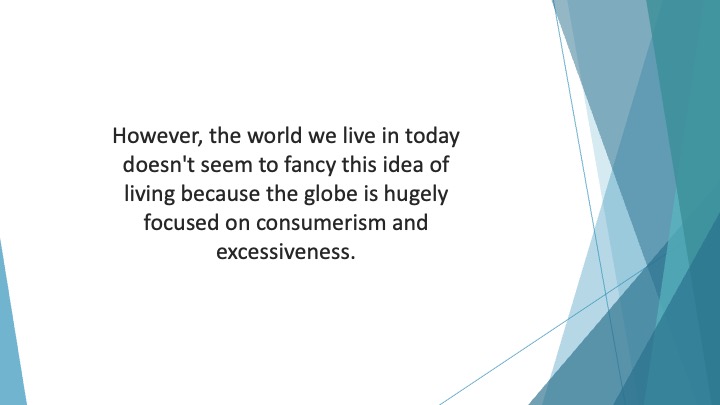
**S2 :** Just like a friend said, "life comes with different strokes for different folks" and this saying justifies that life doesn't have a one-size-fits-all approach. While some people are only fascinated by accomplishing their next big career move and have their eyes fixed on nothing but work, some are only interested in immersing themselves in their hobbies.



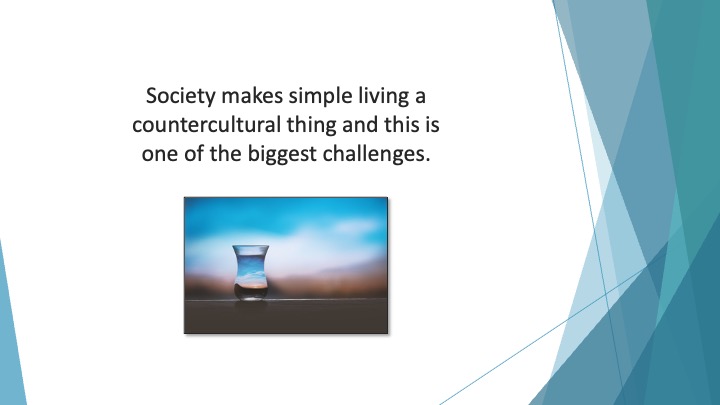
**S3** : Likewise, we have people who choose to be maximalists, and, of course, there are minimalists who believe in the concept that less is more. And guess what? These two kinds of people are happy, as they define and derive their happiness in their own way.



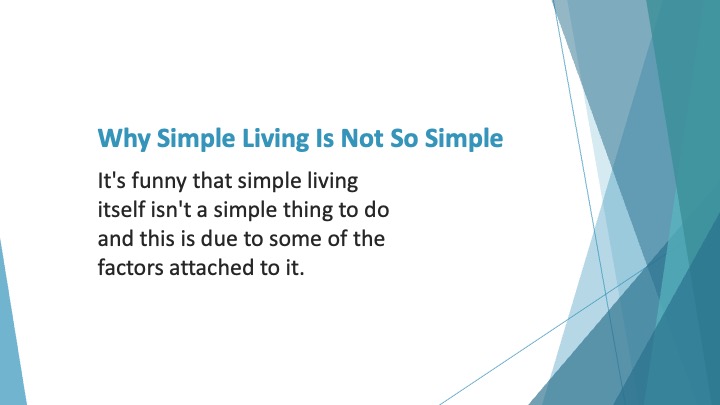
**S4** : Permit me if I sound a bit biased. People who choose to live simple and be minimalist enjoy more happiness and peace of mind. Simple living and minimalism are paths towards life's fulfillment and peace and it's as well about prioritizing and choosing quality over quantity.



**S5 :** However, the world we live in today doesn't seem to fancy this idea of living because the globe is hugely focused on consumerism and excessiveness. We're often "inspired" to constantly "be more" and "go beyond."

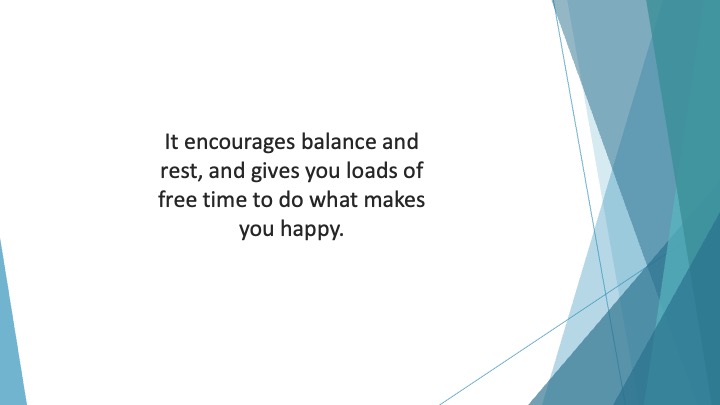


**S6 :** Society makes simple living a countercultural thing and this is one of the biggest challenges.

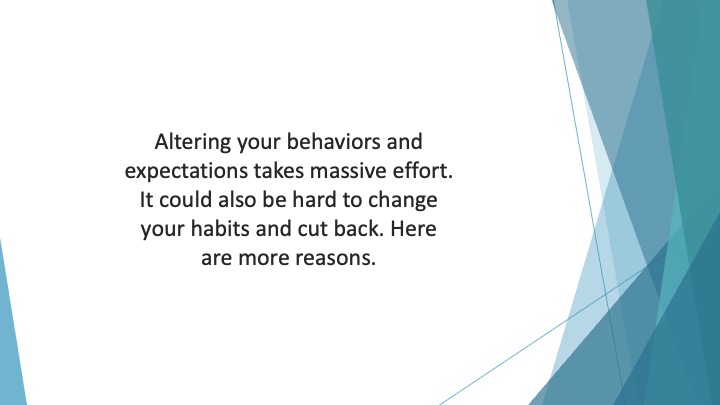


**S7 :** Why Simple Living is Not So Simple

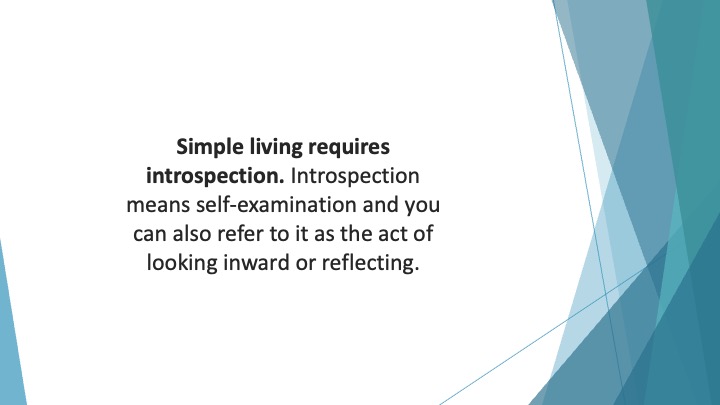
It's funny that simple living itself isn't a simple thing to do and this is due to some of the factors attached to it. Simple living does help you achieve comfort and better functionality through decluttering.



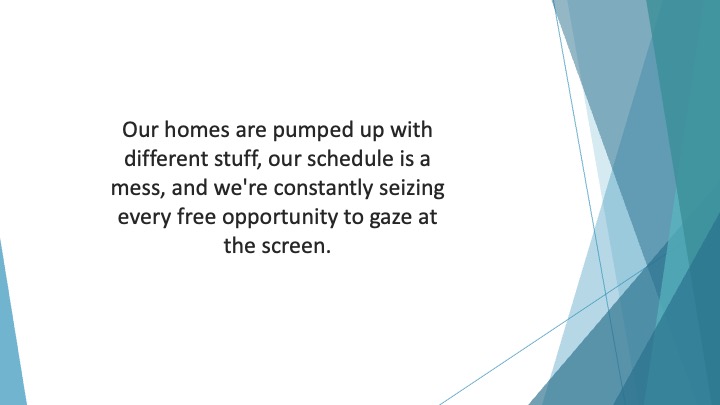
**S8 :** It encourages balance and rest, and gives you loads of free time to do what makes you happy. While the benefits of simple living can be so motivating to commit to it, its adoption may not be as easy as it appears to sound because it's not something that happens overnight.



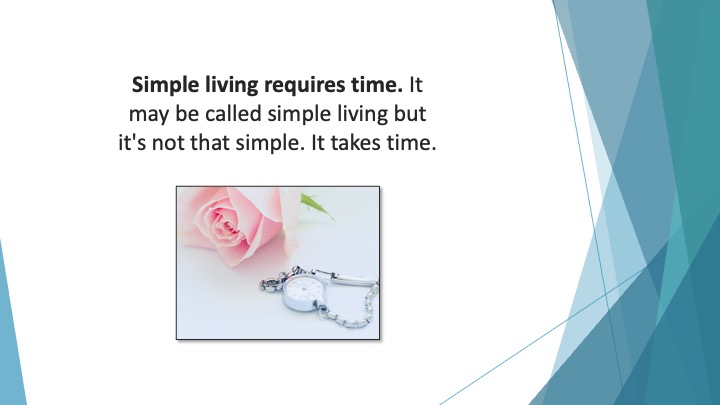
**S9 :** Altering your behaviors and expectations takes massive effort. It could also be hard to change your habits and cut back. Here are more reasons.



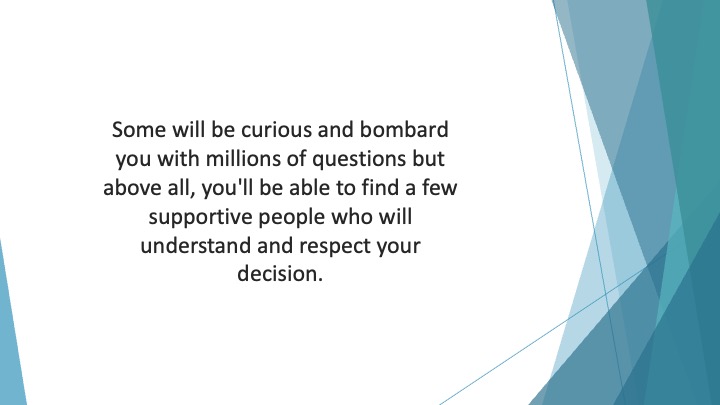
**S10 :** Simple living requires introspection. Introspection means self-examination and you can also refer to it as the act of looking inward or reflecting. Today's world is driven by a busy culture that slowing down to think is almost impossible.

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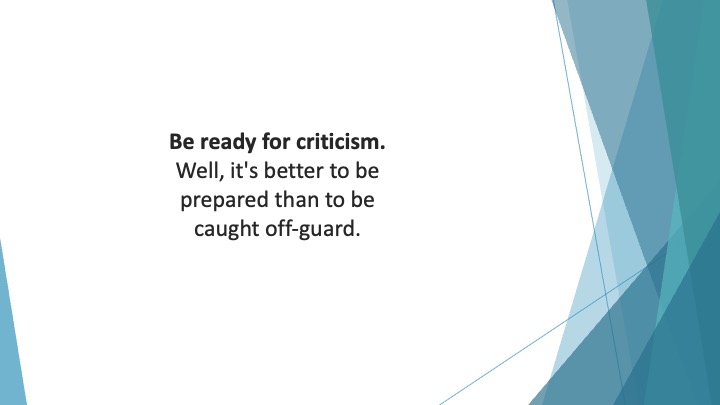
**S11 :** Our homes are pumped up with different stuff, our schedule is a mess, and we're constantly seizing every free opportunity to gaze at the screen. It takes introspection to live simple and it's necessary that you're conscious of the actions you take.



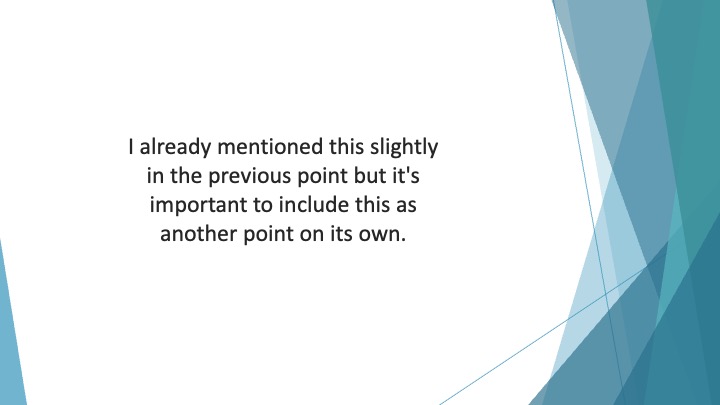
**S12 :** Simple living requires time. It may be called simple living but it's not that simple. It takes time. Everything takes time and this doesn't leave simple living out of the picture. On your journey to simplicity, you'll meet tons of bumps. There will be people who will be critical of what you are doing.



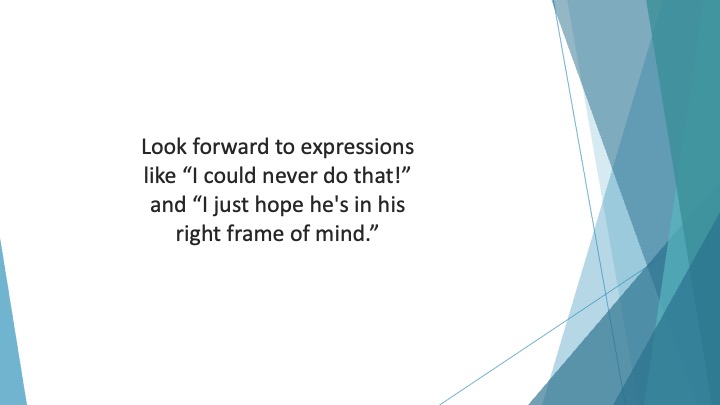
**S13 :** Some will be curious and bombard you with millions of questions but above all, you'll be able to find a few supportive people who will understand and respect your decision. It may also take time before some of the people in your life understand the rationale behind your decisions.



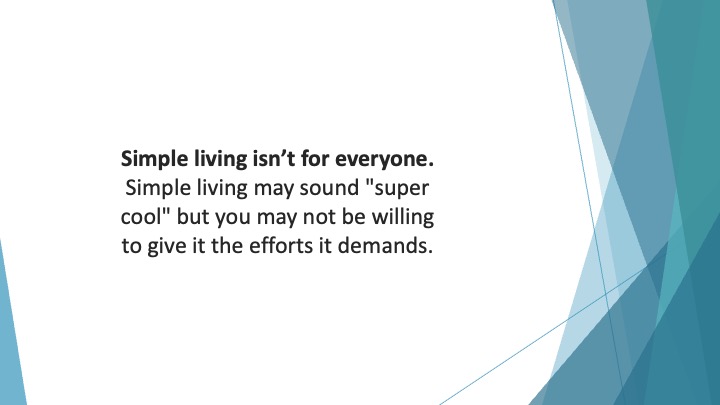
**S14 :** Be ready for criticism. Well, it's better to be prepared than to be caught off-guard.



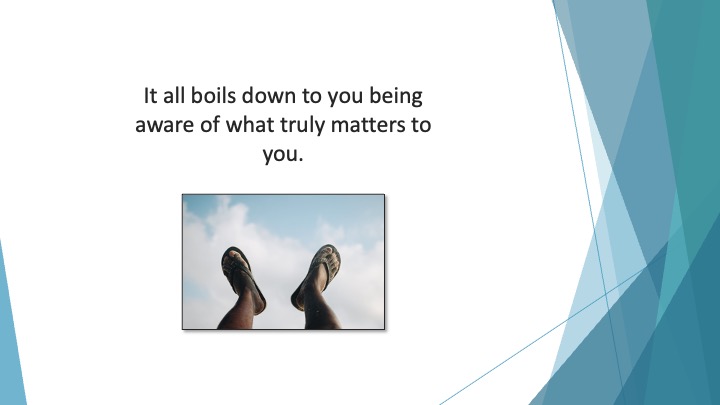
**S15 :** I already mentioned this slightly in the previous point but it's important to include this as another point on its own. A lot of questions and objections will likely be directed toward you.



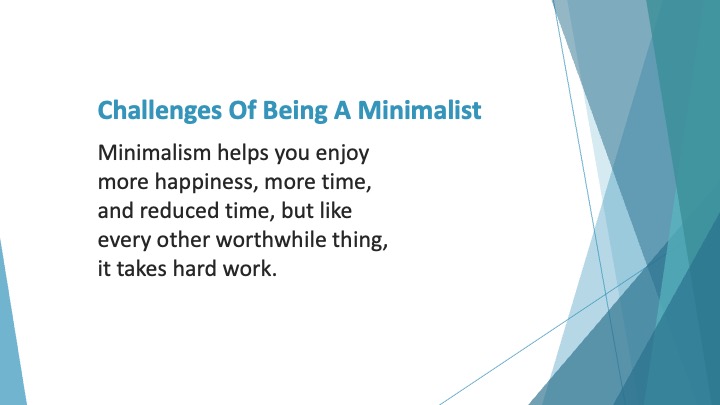
**S16 :** Look forward to expressions like “I could never do that!” and “I just hope he's in his right frame of mind.” During your transition period, you'll get to see how self-centered some people can be.



**S17 :** Simple living isn’t for everyone. Simple living may sound "super cool" but you may not be willing to give it the efforts it demands. Simple living often demands that you're not glued to superficial things and it may likely cost you some friends who may not be in support of your worldview.

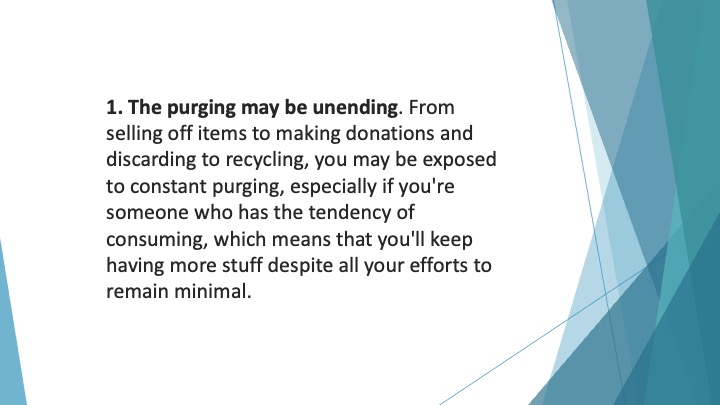


**S18 :** It all boils down to you being aware of what truly matters to you.

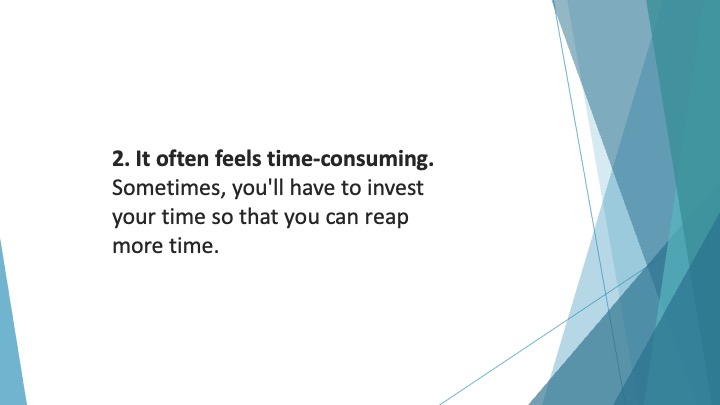


**S19 :** Challenges of Being a Minimalist

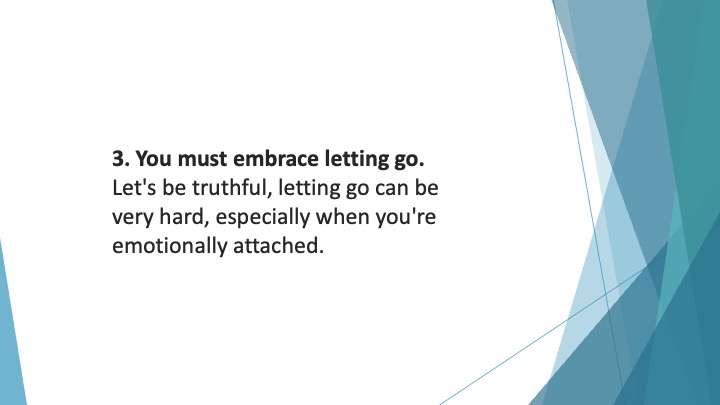
Minimalism helps you enjoy more happiness, more time, and reduced time, but like every other worthwhile thing, it takes hard work. There are some challenges you're bound to experience and it's important that you are aware of them.



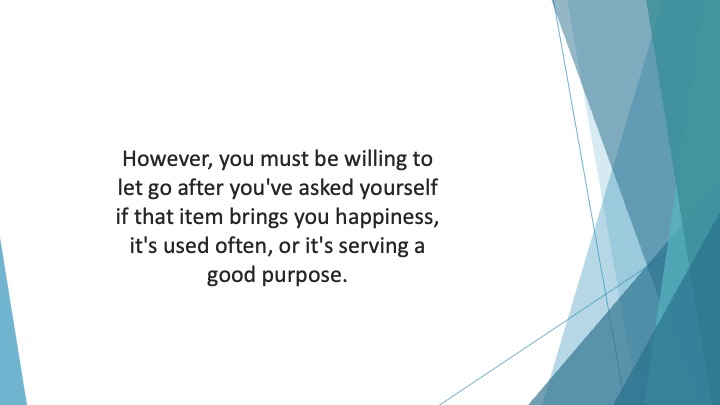
**S20 :** 1. The purging may be unending. From selling off items to making donations and discarding to recycling, you may be exposed to constant purging, especially if you're someone who has the tendency of consuming, which means that you'll keep having more stuff despite all your efforts to remain minimal. You must be ready to accept that it takes time and effort to declutter and you can choose to either enjoy the activity of removing materials or complain about how it could be overwhelming.

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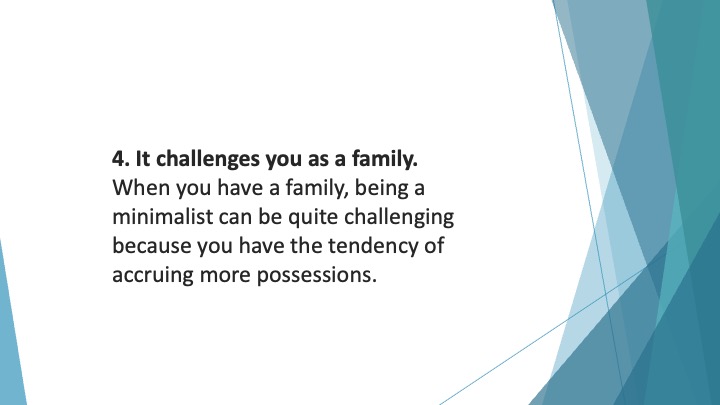
**S21 :** 2. It often feels time-consuming. Sometimes, you'll have to invest your time so that you can reap more time. From being engaged in composing your marketable descriptions to taking photos and driving to where you want to donate or resell your items, you will need time to do all of these.



**S22 :** 3. You must embrace letting go. Let's be truthful, letting go can be very hard, especially when you're emotionally attached.

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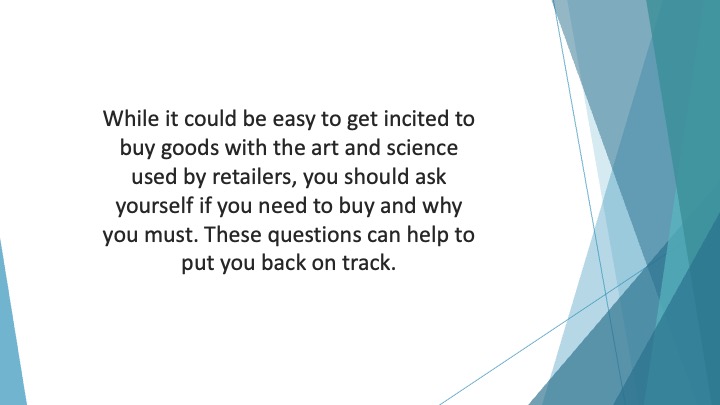
**S23 :** However, you must be willing to let go after you've asked yourself if that item brings you happiness, it's used often, or it's serving a good purpose.

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**S24 :** 4. It challenges you as a family. When you have a family, being a minimalist can be quite challenging because you have the tendency of accruing more possessions. Therefore, you must be ready to constantly purge.

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**S25 :** 5. Retailers don’t make it easy. These guys want to sell and we can't blame them for that. They keep attracting and distracting us with their latest clothing trends, beautifully decorated household items, and sale signs.

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**S26 :** While it could be easy to get incited to buy goods with the art and science used by retailers, you should ask yourself if you need to buy and why you must. These questions can help to put you back on track.