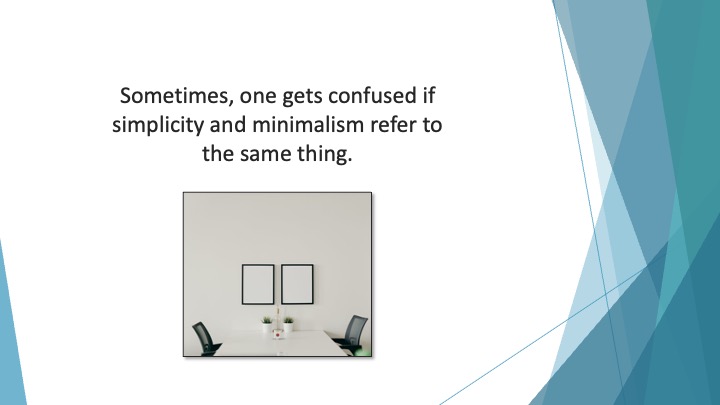
**Chapter 2: Demystifying Simplicity and Minimalism**

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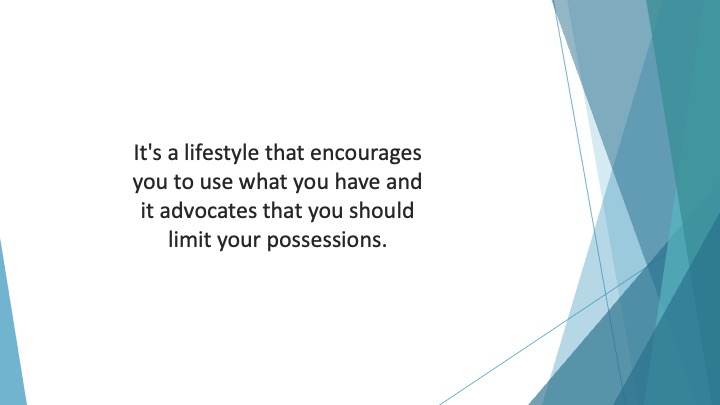
**S1** : In this video, we’ll discover about “Demystifying Simplicity and Minimalism”



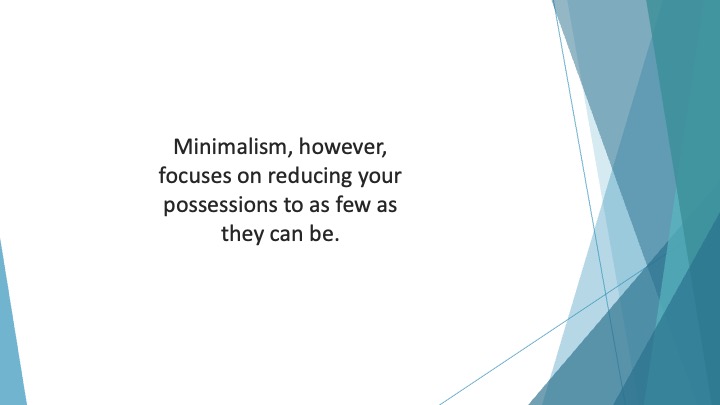
**S2 :** Sometimes, one gets confused if simplicity and minimalism refer to the same thing. But is there a difference between these two terms?



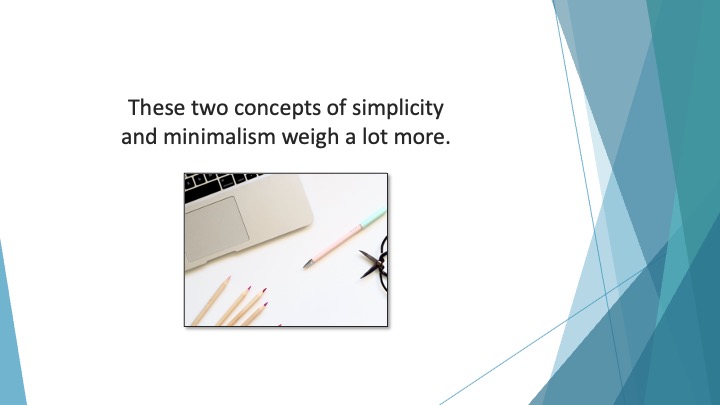
**S3** : It's very easy to misconstrue simplicity with minimalism and this is simply because of the many similar characteristics that they share. Simplicity emphasizes the value of living a life that is uncompounded and uncomplicated.



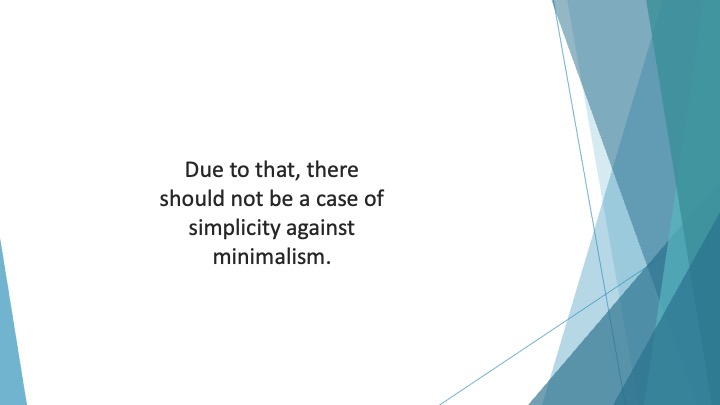
**S4** : It's a lifestyle that encourages you to use what you have and it advocates that you should limit your possessions.



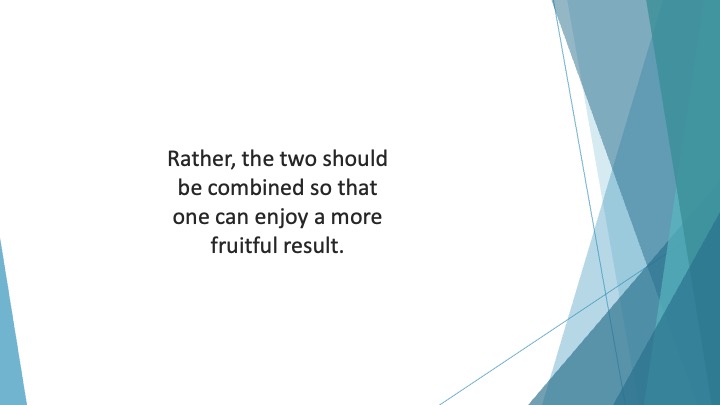
**S5 :** Minimalism, however, focuses on reducing your possessions to as few as they can be. Nevertheless, beyond sustainability, living off-grid, reducing stuff, disposing of things, and decluttering.



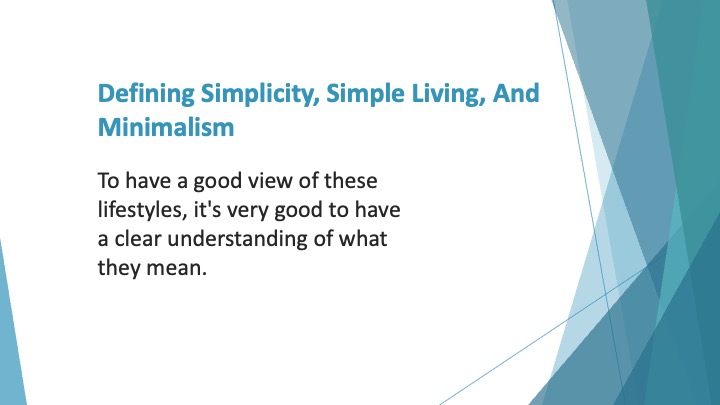
**S6 :** These two concepts of simplicity and minimalism weigh a lot more. When we adopt the principles of these two lifestyles, we stand to become happier and live a life that's free, purposeful, and meaningful.



**S7 :** Due to that, there should not be a case of simplicity against minimalism.

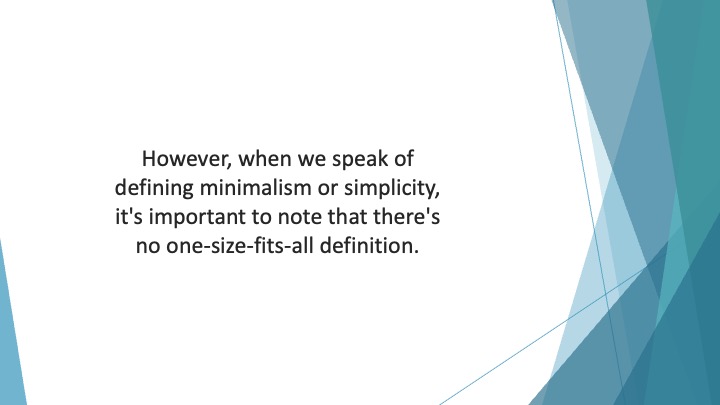


**S8 :** Rather, the two should be combined so that one can enjoy a more fruitful result.

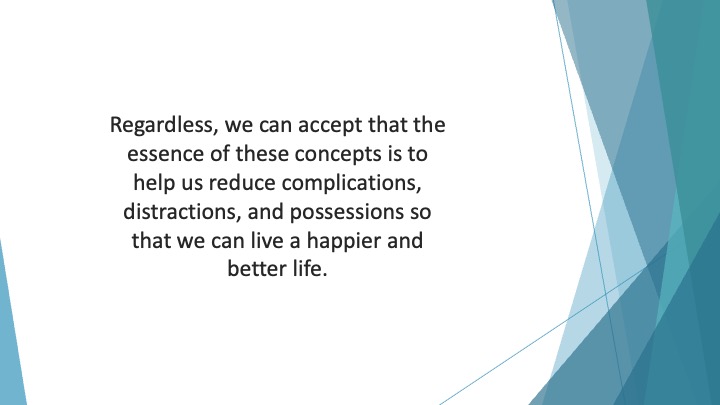


**S9 :** Defining Simplicity, Simple Living, and Minimalism

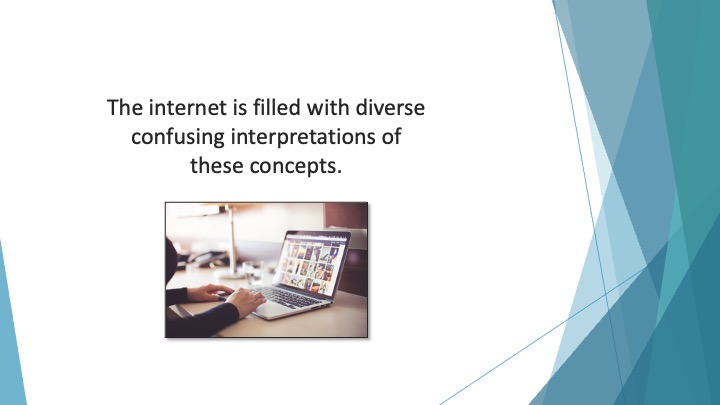
To have a good view of these lifestyles, it's very good to have a clear understanding of what they mean.



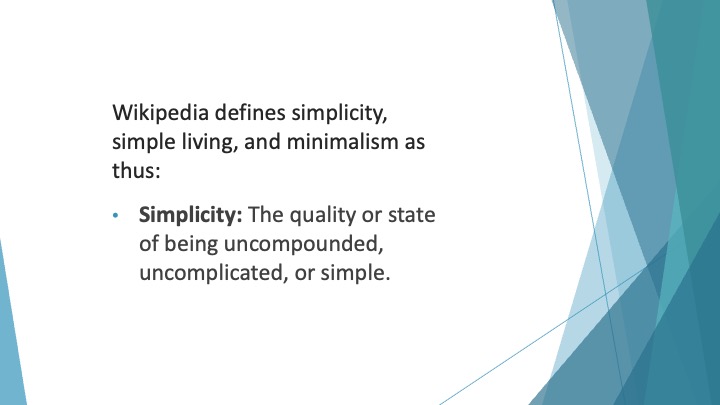
**S10 :** However, when we speak of defining minimalism or simplicity, it's important to note that there's no one-size-fits-all definition. This is simply because these concepts have qualities and values that are interwoven in plenty of ways and it's quite difficult to have them separated.

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**S11 :** Regardless, we can accept that the essence of these concepts is to help us reduce complications, distractions, and possessions so that we can live a happier and better life.

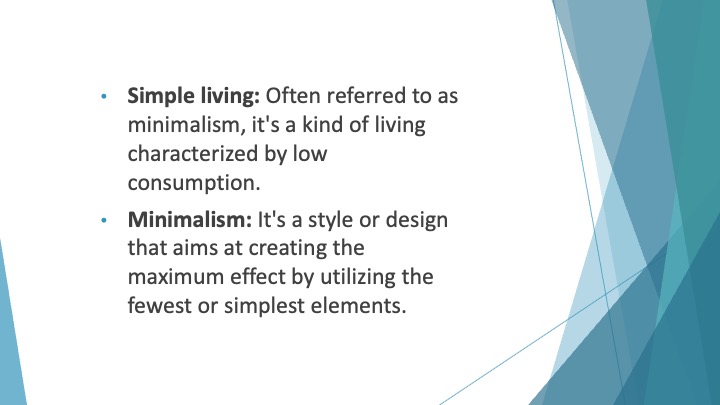


**S12 :** The internet is filled with diverse confusing interpretations of these concepts.



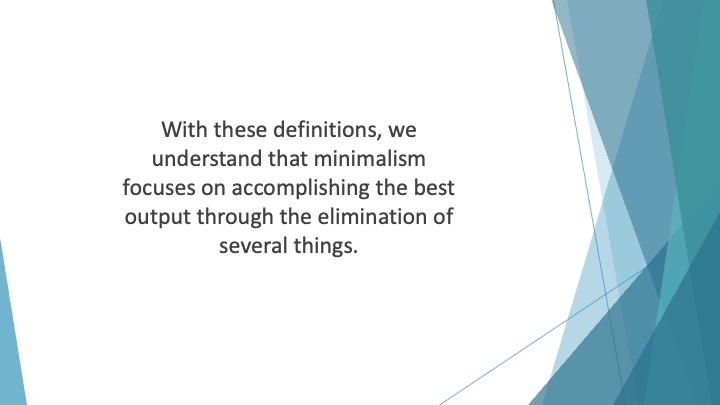
**S13 :** Wikipedia defines simplicity, simple living, and minimalism as thus:

• Simplicity: The quality or state of being uncompounded, uncomplicated, or simple.

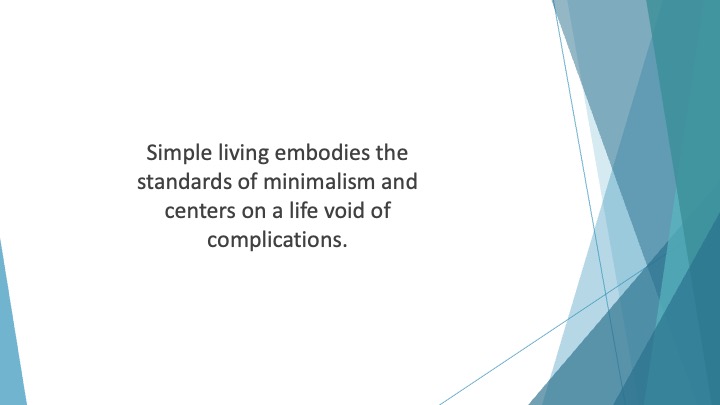


**S14 :** • Simple living: Often referred to as minimalism, it's a kind of living characterized by low consumption.

• Minimalism: It's a style or design that aims at creating the maximum effect by utilizing the fewest or simplest elements.



**S15 :** With these definitions, we understand that minimalism focuses on accomplishing the best output through the elimination of several things. This explains why this concept is explained as the design of reducing things to the bare minimum.

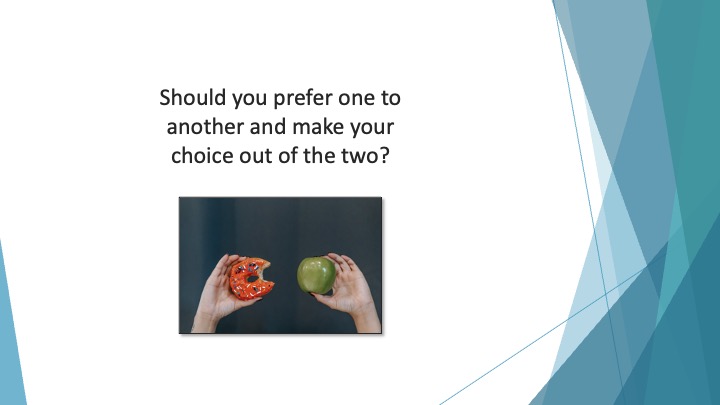


**S16 :** Simple living embodies the standards of minimalism and centers on a life void of complications.

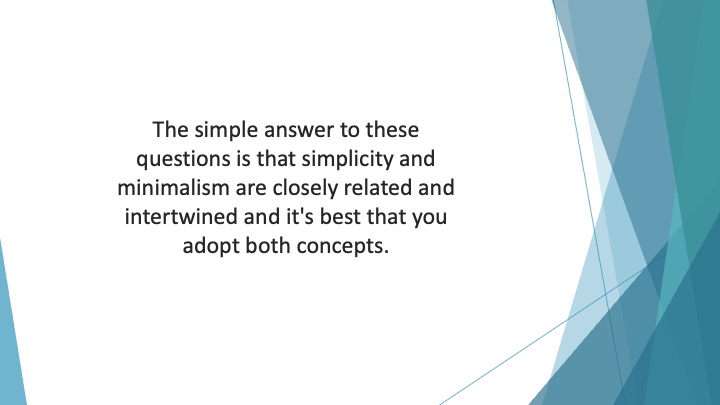


**S17 :** Is there a Difference between Simplicity and Minimalism?

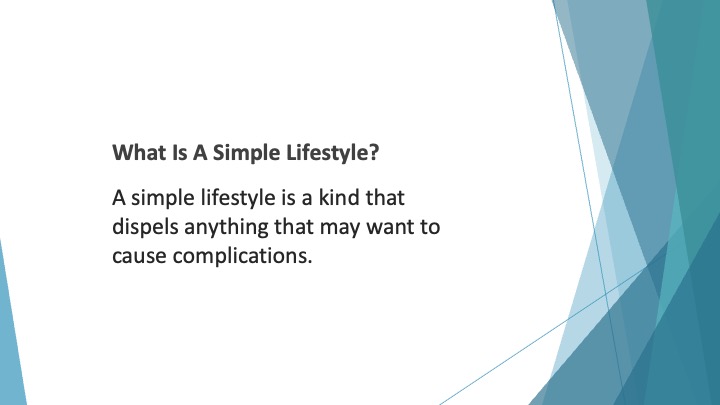
As earlier said, these two concepts have comparable doctrines. They work together and are complementary. But is there any difference between minimalism and simplicity? Do they only share different labels but have the same perception?



**S18 :** Should you prefer one to another and make your choice out of the two?

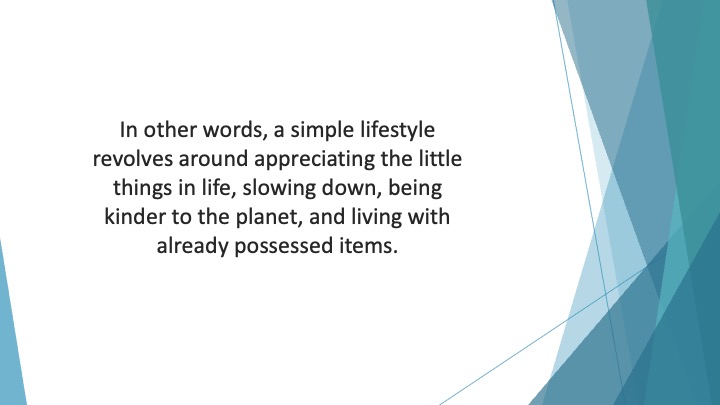


**S19 :** The simple answer to these questions is that simplicity and minimalism are closely related and intertwined and it's best that you adopt both concepts.

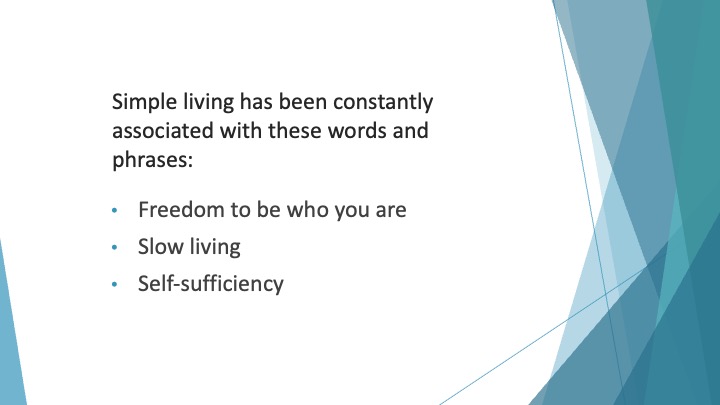


**S20 :** What is a Simple Lifestyle?

A simple lifestyle is a kind that dispels anything that may want to cause complications. It focuses on avoiding discontent and stress by walking away from the constantly changing standards that grace this modern day.

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**S21 :** In other words, a simple lifestyle revolves around appreciating the little things in life, slowing down, being kinder to the planet, and living with already possessed items.



**S22 :** Simple living has been constantly associated with these words and phrases:

• Freedom to be who you are

• Slow living

• Self-sufficiency

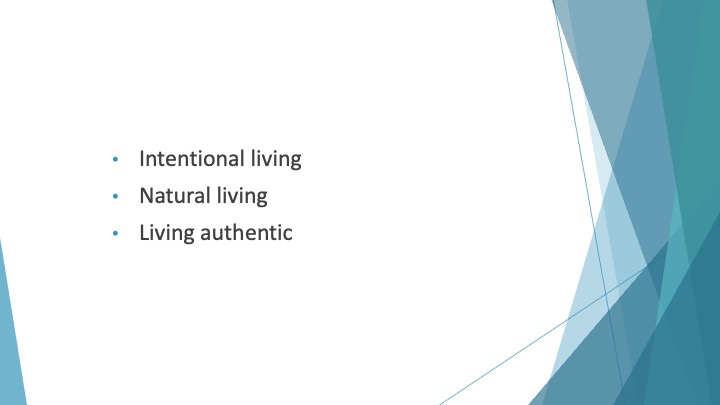
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**S23 :** • Living off-grid

• Balanced living

• Sustainability

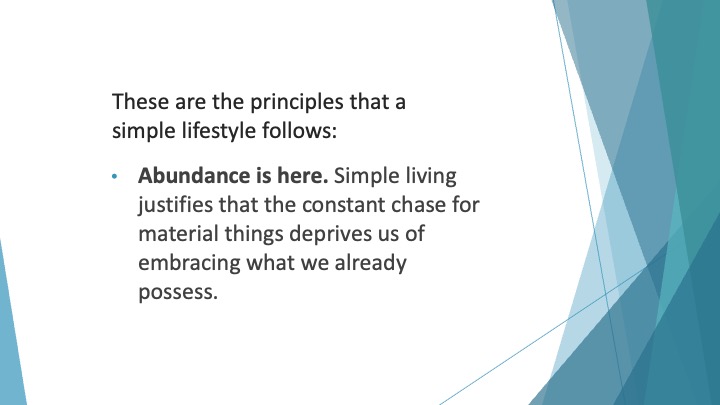
• Caring for the environment

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**S24 :** • Intentional living

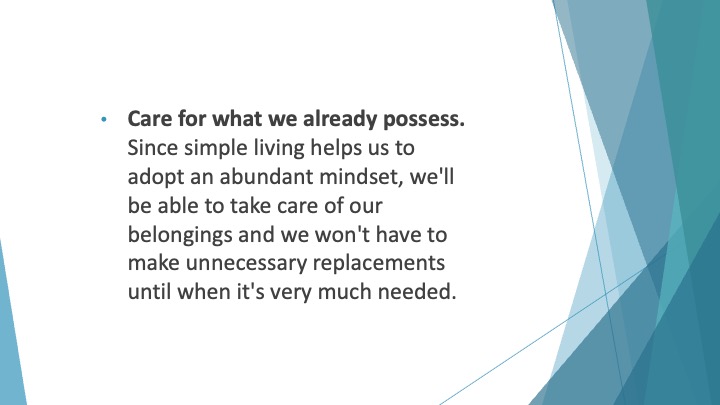
• Natural living

• Living authentic

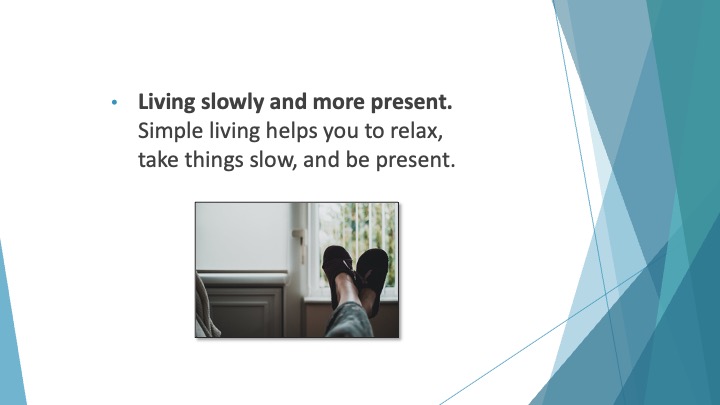
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**S25 :** These are the principles that a simple lifestyle follows:

• Abundance is here. Simple living justifies that the constant chase for material things deprives us of embracing what we already possess. When we start practicing simple living, we'll be able to improve our relationships and overall health because we'll be able to focus on them.

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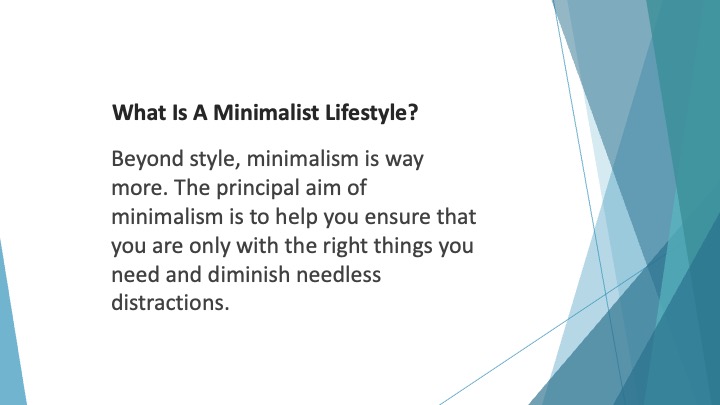
**S26 :** • Care for what we already possess. Since simple living helps us to adopt an abundant mindset, we'll be able to take care of our belongings and we won't have to make unnecessary replacements until when it's very much needed. When you value what you have and the way you live, you won't feel pushed to upgrade your lifestyle.

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**S27 :** • Living slowly and more present. Simple living helps you to relax, take things slow, and be present. It helps you not to think of checking the time often whenever you're out, let alone thinking of the duties or tasks that are waiting for you.

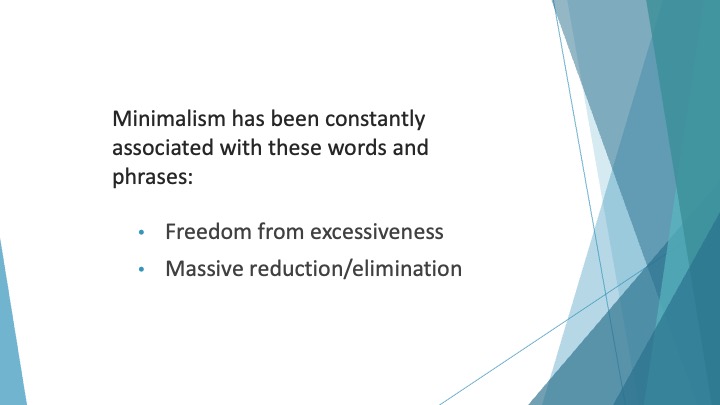
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**S28 :** • Honoring and preserving nature. Simple living incorporates ideas that help us to live with a smaller carbon footprint, reduce technology and chemicals, lower waste, protect nature, and improve our planet as it embraces the ideology of living more naturally.

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**S29 :** What is a Minimalist Lifestyle?

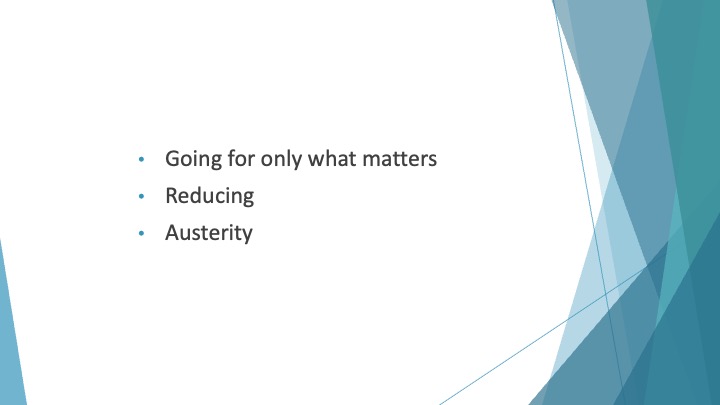
Beyond style, minimalism is way more. Many are likely to be turned off by the image of a minimalist but this concept isn't just about cutting your life tight. The principal aim of minimalism is to help you ensure that you are only with the right things you need and diminish needless distractions. Minimalism also helps you enjoy a bright, clean, and organized space, and aids you to live your best life by getting rid of digital, mental, and physical clutter.

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**S30 :** Minimalism has been constantly associated with these words and phrases:

• Freedom from excessiveness

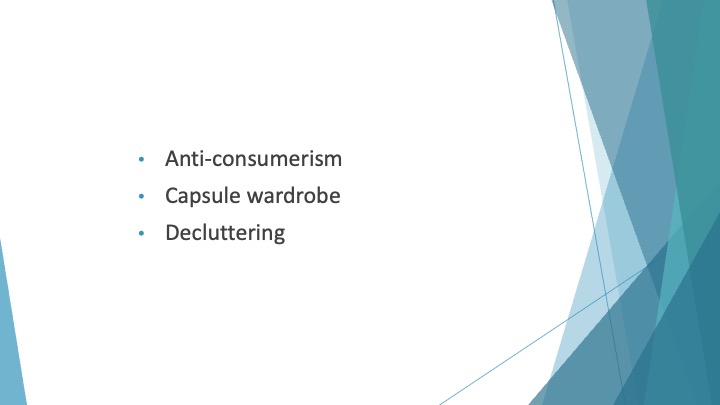
• Massive reduction/elimination

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**S31 :** • Going for only what matters

• Reducing

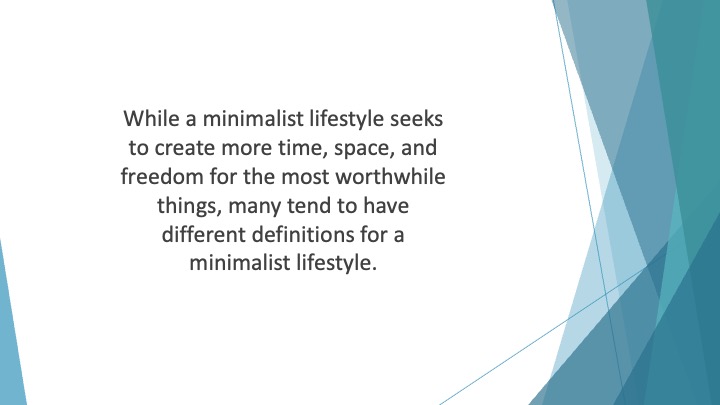
• Austerity

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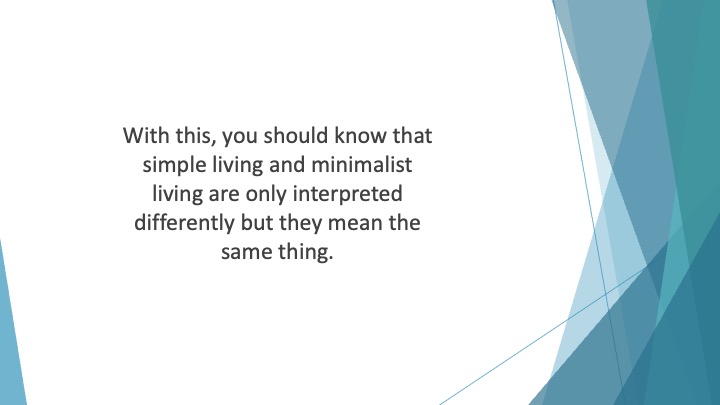
**S32 :** • Anti-consumerism

• Capsule wardrobe

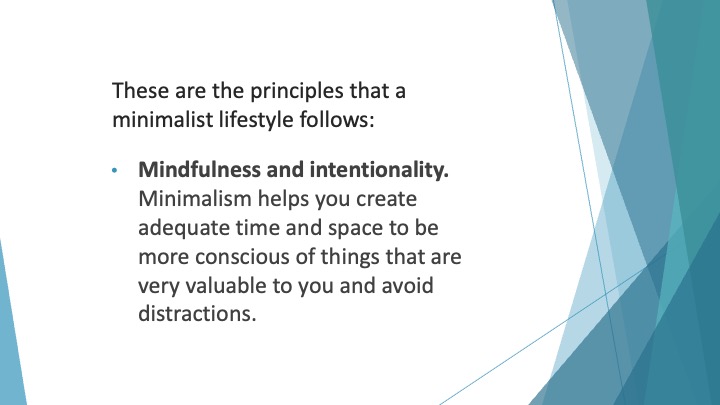
• Decluttering

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**S33 :** While a minimalist lifestyle seeks to create more time, space, and freedom for the most worthwhile things, many tend to have different definitions for a minimalist lifestyle. Nevertheless, minimalist living focuses on the same idea of being intentional just as simple living does and cares less about "the label". It values the action of living with less.

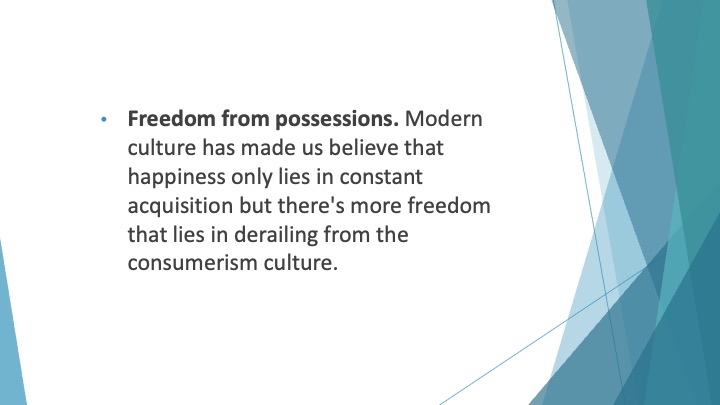
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**S34 :** With this, you should know that simple living and minimalist living are only interpreted differently but they mean the same thing.

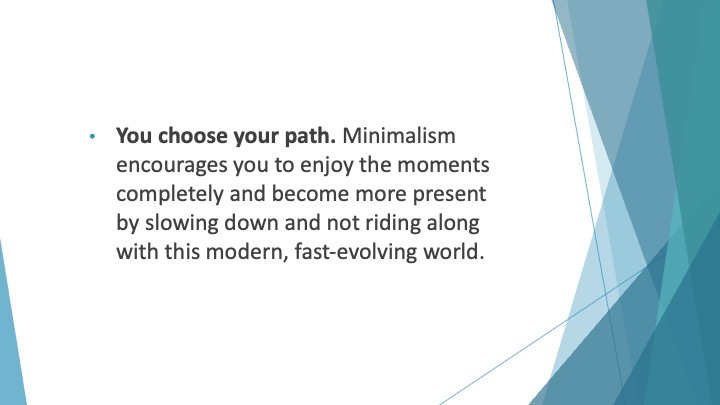
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**S35 :** These are the principles that a minimalist lifestyle follows:

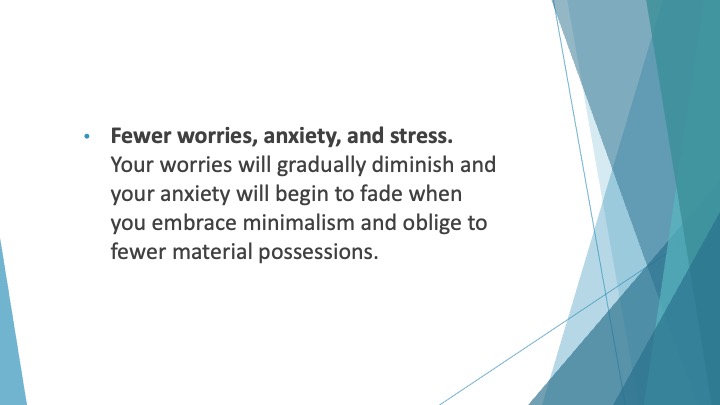
• Mindfulness and intentionality. Minimalism helps you create adequate time and space to be more conscious of things that are very valuable to you and avoid distractions.

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**S36 :** • Freedom from possessions. Modern culture has made us believe that happiness only lies in constant acquisition but there's more freedom that lies in derailing from the consumerism culture.

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**S37 :** • You choose your path. Minimalism encourages you to enjoy the moments completely and become more present by slowing down and not riding along with this modern, fast-evolving world.

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**S38 :** • Fewer worries, anxiety, and stress. Your worries will gradually diminish and your anxiety will begin to fade when you embrace minimalism and oblige to fewer material possessions.