

What is Minimalism & How It Can Change Your Life



BEFORE WATCHING

Who is a shopaholic?

Ask Ss to define who a shopaholic is using the following vocabulary.

These words and expressions are going to be used in the video.

- get into debt / be in debt
- disposable income
- money is tight
- clutter

What could shopaholics do to overcome their addiction?

Ask Ss to define who a shopaholic is using the following expressions.

This vocab is also taken from the video.

- cut back on expenses
- manage
- simplify
- downsize
- get rid of something
- give away

Watch the video and answer the questions:

1. What is minimalism?

Simplifying your life down to the essentials.

2. There is a wide range of ways you can interpret minimalism – how does Mat explain it?

Sometimes people take it more to the extreme – their living room has no furniture, there's only a white wall and a wooden chair.

Sometimes people who don't appear to be minimalists apply these rules to their lifestyle.

3. Why is becoming a minimalist a personal process? When you answer the question, focus: the fact that it's personal and that it's a process.

It's a process that can take months or years to become a minimalist the way you want it to be.

It's personal because you need to adjust to what feels right to you. For example, the first time you downsize, you might get rid of too much and you might feel that you're missing something. The advice is that you should listen to yourself and do the right things.

4. According to Mat and Danielle, what are the three aspects of being a minimalist?

physical space	<ul style="list-style-type: none"> • It's about how cluttered your living space is. • You should look at the object and figure out what is essential, what you need and don't need. It might be a good idea to get rid of the extra stuff that is cluttering your life. • Not only is it important to get rid of stuff, but also to make sure that you don't bring in new things. When you buy something new, ask yourself – is it absolutely necessary? Am I gonna use it? is it gonna add value to my life? This way you can maintain your minimalist space.
time management	<ul style="list-style-type: none"> • We tend to fill our days with work, social media and many other activities, which can get really overwhelming when we don't manage that. • You should minimise your schedule, prioritise the most important parts of your life. • Say no to things that are not at the top of our priority list.
financial impact	<ul style="list-style-type: none"> • It's worth becoming more aware of the money you're spending and trying to cut back on the expenses that are not necessary. • Eventually, you might be able to see a little bit more money at the bank at the end of the month. It might help you get out of debt, travel more, start saving or even think about early retirement.

5. How long have Mat and Danielle been minimalists? What did their life look like before?

They've been minimalists for 5 years. Before that, they had a four-bedroom house that was stuffed with stuff.

6. What did they change five years ago? What has happened since then?

- They simplified their life in every way that they could
- They wanted to have a fresh start exploring different lifestyles to see what would make them happier
- They sold their house and got rid of their cell phones
- They gave away most of their stuff
- They started travelling
- Sometimes they own more, sometimes less – it's a process
- They have met many people who live all sorts of alternative lifestyles – the common denominator is that all of them started by becoming minimalists
- In general, they have seen a huge positive impact from minimalism on their lives

AFTER WATCHING

What do you think about minimalism? Would you like to apply these ideas to your lifestyle?

VOCABULARY BOOSTER

- cluttered
- cut back on
- debt
- downsize
- gave away
- getting rid of
- income
- manage
- simplifying
- tight

1. Minimalism is basically **simplifying** your life down to the essentials.
2. So when you become more aware of the money you're spending and trying to **cut back** on those expenses that are not necessary, you might be able to see a little bit more money at the bank at the end of every month, which might allow you to get out of **debt**, maybe travel a bit more, or maybe start saving money, thinking about retiring a bit earlier.
3. The first one and the most common is your physical space, so how **cluttered** is your living space.
4. The financial impact of minimalism on your life is obviously gonna depend on your financial situation, how much disposable **income** you have, if any
5. So some people might not find that they're saving that much money at the end of every month, but maybe it's a little bit less **tight** than it was before for example
6. It's really common these days for people, ourselves included, to fill our days with work and social media and activities and hangouts and it can get really overwhelming really quickly if we don't **manage** that.
7. Maybe the first time you **downsize**, you got rid of too much and you might feel that you're missing something, so might need to get a few things back.
8. The really important part of downsizing is not just **getting rid of** stuff, but also making sure that you don't keep bringing in new things into your life
9. We **gave away** most of our stuff and we started travelling

What is Minimalism & How It Can Change Your Life - script

Hi everyone! In this video, we're gonna talk about minimalism. We're gonna talk about what it is and how we've used it as a tool to change our lives, and we've seen other people use it to help them explore alternative lifestyles, like moving into a tiny house, travelling long-term, and even getting out of debt. We've seen tons of examples of how minimalism can have a transformative positive impact on people's lives, so we want to talk a little more about that with you.

So what is minimalism? Basically, it's the idea of simplifying your life down to the essentials. There is a whole wide range of different ways you can interpret minimalism. Sometimes people might take it more to the extreme, for example their living room might be just completely empty with no furniture and just white bare walls and just a wooden chair. And then some people might not necessarily appear to be minimalists, but they've still applied the concepts and ideas to their lifestyle.

It's a very personal process and it can take months or years to become a minimalist and simplify your life the way that you want it to be. And it's also an ongoing process, so you're constantly going to be adjusting to what feels right to you. Maybe the first time you downsize, you get rid of too much and you might feel that you're missing something, so might need to get a few things back. It's a constantly evolving way of life and you just need to listen to yourself and do what feels right.

So if we dig a little bit deeper into what minimalism is, there's basically three parts of your life that it can apply to. So the first one and the most common is your physical space, so how cluttered is your living space. The idea is to really think and look at the objects and the things that you own and figure out what is essential, what's bringing value to your life, what you need and what you don't need. And then downsizing and getting rid of that extra stuff that's basically just cluttering your life. And a really important part of downsizing is not just getting rid of stuff, but also making sure that you don't keep bringing in new things into your life, so whenever you're thinking of bringing in something, buying something new, ask yourself: is this absolutely necessary? Am I gonna use this? Is it gonna add value to my life? Asking yourself those questions can really help you maintain your minimalist space.

The second part of your life that minimalism can really have a big impact on is just your everyday life and your time. It's really common these days for people, ourselves included, to fill our days with work and social media and activities and hangouts and it can get really overwhelming really quickly if we don't manage that. And so whenever we start to feel overwhelmed, one of the things we do is we try to minimise our schedule and make sure that we're prioritising the most important parts of our lives. And sometimes that means saying no to things that are not at the top of our priority list.

The third part is financial, the financial impact of minimalism. So when you become more aware of the money you're spending and trying to cut back on those expenses that aren't necessary, you might be able to see a little bit more money at the bank at the end of every month, which might allow you to get out of debt, maybe travel a bit more, or maybe start saving money, thinking about retiring a bit earlier.

The financial impact of minimalism on your life is obviously gonna depend on your financial situation, how much disposable income you have, if any, and whether you're in debt or not. So some people might not find that they're saving that much money at the end of every month, but maybe it's a little bit less tight than it was before for example.

We've been minimalists for 5 years now. Before that, we were not minimalists at all. We had a four-bedroom house that was stuffed with stuff. And, just to give you a quick overview of what we did: we decided to simplify our life in every way that we could. We basically wanted to have a fresh start and start exploring different lifestyles to see what would make us happier. So what we did is we sold our house and we got rid of their cell phones. We gave away most of our stuff and we started travelling. So we've seen huge positive impacts from minimalism on our lives. Sometimes we own more stuff, sometimes we own less stuff. It's a constant process and it really depends on what we're up to.

And also what's interesting is that, like you mentioned, we met a lot of people living all sorts of alternative lifestyles and pretty much the common denominator is that all of them started by becoming minimalists by downsizing and simplifying their lives.