

15 - 30  
Minute  
Activity  
For  
Everyone

## Embracing Minimalism

Minimalism may seem like a foreign concept to many of us, it certainly breaks away from our general North American orientation in favour of consumption. Learning about this technique and the underlying values will bring simplicity and deeper meaning to some of the items we have in our lives.

Practicing minimalism means consciously owning fewer items as a tool to improve your life. This has become a growing phenomenon over the last decade. However, there have always been cultures and lifestyles that promote this as a positive way to live. For example, Marie Kondo a Japanese organization guru, is an advocate for this lifestyle. You can find more on her philosophy as well as tips at (<https://konmari.com>) if her specific approach interests you.

### Let's Get Started

- In this activity, you are encouraged to enter your room and explore your space. Find three or more items that you feel could be repurposed.
- Donating responsibly is a key part of being self aware. It is important to realize that throwing things away simply to declutter can have a negative impact on the environment and community. Rather consider if the item can first be given to a family member, donated to a charity or organization, or recycled/reused. Remember to check with your parents first.



- Throughout this process it is important to consider how minimalist values are meant to improve your life. Do not feel like you should have to part with an item that you love or that holds meaning.
- If you are unsure about removing something, another way to approach this is to reconnect with an old item and bring new meaning to it. How might this item be useful to you in other ways that you have not explored before?

We often lose track of our objects as they eventually find a place in our rooms, sometimes becoming invisible or just part of the background. Living from a minimal perspective is a great way to explore the intention of the things you own. Ask yourself: What joy does this thing bring to my life? How does it make me feel when I use it? Are these things a key part of who I am? Would someone else be grateful to have something that I do not cherish anymore? This exercise is meant to acknowledge the material aspects of your environment and take a small conscious step towards feeling good about what you surround yourself with, and what items fill your everyday landscape.