Next, I significantly **cut down on** mindless purchases. Step by step, I was getting used to re-evaluating my shopping habits and thinking twice before I bought anything on impulse. I started saving like I'd never saved before:
small savings **add up to** big money!

Finally, I became more intentional with how I spent my time and energy as well. I quit the job I used to hate and switched to freelance. I discovered I had time to **work out**, meet with friends, and travel, too. True, my earnings **went down**, but thanks to my minimalist lifestyle my saving power stayed the same, and I felt much happier. I would chase possessions, but now I am investing in relationships, experiences, emotions. It's a process, but the one I enjoy more than any shopping spree.

It's 7:15 am on a Tuesday. I'm **going through** my closet for the 20th time when it hits me – I have twelve pairs of black pants. Twelve. And still no idea what to wear.

I started with decluttering. I would **go through** my apartment once a week **getting rid of** anything I didn't use or love and wondering why I **held on** so dearly **to** stuff that didn't matter to me. I didn't use to think I had too much, but boxes upon boxes of things that I donated to the homeless proved me wrong.

Minimalism **comes down** to this: the less you own, the less that owns you. Adapting a minimalist mindset started with my realization that the things I owned hadn't brought me purpose, fulfillment, or happiness. I used to think they had, but in fact, not only weren't my possessions bringing me joy, they were actually distracting me from it.

That happened two years ago. Since then, I've gone full minimalist. It didn't happen overnight. When you're as used to retail therapy as I was, it's hard to give up a materialistic lifestyle. "I'll just **try this out**," I said to myself. "What's the worst that can happen?" I brought the concept of minimalism up with my husband. He argued that getting used to living with less would take time, but nonetheless supported my decision.

LIVEWORKSHEETS