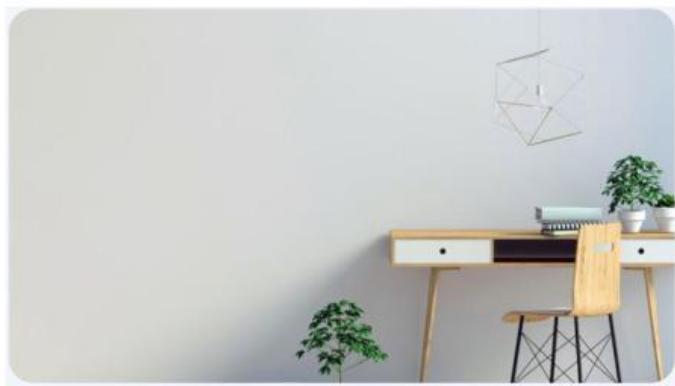


ALL ABOUT MINIMALISM

The word minimalism has a negative connotation to many. They believe being a minimalist means you are sacrificing things. It means you are not taking advantage of all that is available in the modern world today. While that may be the perception some have, if they took the time to learn about what minimalism really is, they may find out that it can improve their life.



Being a minimalist is a state of mind, and not a set of rules. It can actually mean you have more of what you need, are able to enjoy everything you have, and are not worried about what you don't have. All of that can help make living life a lot less stressful and can make it more fulfilling.

The image some people have of a minimalist lifestyle involves giving up all the modern conveniences of the world. They imagine living in a cabin in the woods without electricity, a wood-burning stove, and a bathroom that you must use outside.

Being a minimalist means you value yourself more than material things. It means making decisions based on what you need instead of getting everything you want. It does not mean the things you buy are cheap. It means they are something you need, regardless of how much they cost.

A person can decide how much of a minimalist lifestyle they want to lead. They can do it in stages as well. Most people begin by going through their home and getting rid of things they no longer need. Over time, they are able to pare their life down to a much more minimalist style.

Source: NoSidebar.com

<https://www.bitgab.com/exercise/all-about-minimalism>

After reading the text, answer these questions

1. Why is Minimalism perceived negatively?
 - a) Most people are misinformed of its definition
 - b) Most people are close-minded with new trends
 - c) Most people are deceived by social media

2. What does the following statement mean? “Minimalism means having more of what you need.”

- a)** Getting stressed over many things
- b)** Important things are prioritized over trivial ones
- c)** Both A and B

3. One can choose how much of a Minimalist he/she wants to be.

- a)** True
- b)** False
- c)** Maybe

4. Minimalism is concerned with the price or monetary value of things.

- a)** True
- b)** False
- c)** Not mentioned in the article

5. Minimalism is basically about.

- a)** Valuing self over petty things
- b)** Prioritizing needs over wants
- c)** Both A and B