
THE MINIMALIST PATH TO FINANCIAL FREEDOM



1. Don't be defined by what you own

Money is often spent, unnecessarily, on building an image. Whether it is clothing, cars, gadgets or even food, maintaining an image can be extremely expensive. Looking closely at how we spend money on things just to exude a certain lifestyle is one way to start cutting costs and saving.

“ Maintaining an image can be extremely expensive ”

2. Great deals don't matter, needs do

Businesses have us hooked on the idea that getting a great deal is the same as saving money. It's not. In the end, more money is usually saved by simply purchasing what is needed. Nothing more.

3. Spend your money only with clear purpose

If you declutter your house, you can declutter your mind. This allows you to focus on what truly matters in your life. Your priorities are always on your mind, which means you begin to live an intentional life. Thus, you also spend money intentionally, not accidentally.

4. Find happiness by focusing on what matters

When you look around the house, what do you see that you can't live without? If you're looking around at material possessions, you're doing it wrong. What truly matters is happiness and family.

Do you find yourself spending money on "things" to make you happy? Have you noticed that after a while the happiness wears away and you want to buy something else? You're just putting a bandaid on the problem. Happiness is not found in the aisles of Nordstrom, but in truly enjoying life. This means spending time with those who matter and exploring the world by traveling.

Contrary to popular belief, minimalists do spend money, but they spend it on experiences rather than material possessions. They spend it on adventures because memories last forever, "things" do not.



“ Minimalists spend money on adventures because memories last forever, things do not. “

5. Embrace technology

There are countless apps to help you simplify your finances. Managing money, sticking to a budget and even handling investment decisions are easier than even before with today's crop of personal finance apps.

- You can use Credit Karma to keep track of your credit score for free.
- For total money management, use Mint to connect your bank accounts, credit card accounts and bills so they're all in one convenient place.
- You can use an excel spreadsheet to create a budget.
- Use your calendar app for important bill reminders.
- Get rid of paper statements and set up automatic bill pay.

Now it's up to you

Are you in debt and do you live paycheck to paycheck? The secret isn't to earn more (although that would be nice). The secret is to **spend less** not because you have to, but because you have learned how to be happy with less.

- Edwin from CashTheChecks.com