

The Value of Things

Future Expats Meetup – November 2020

Core question: How do we value our possessions?

<https://www.becomingminimalist.com/101-physical-things-that-can-be-reduced-in-your-home/>

*“One can furnish a home very luxuriously by taking out furniture rather than putting it in.” —
Francis Jourdain*

Many people will miss the joys of minimalism because they are afraid to begin. Often, they fear if they “minimalize” an item from their home, they will regret it in the future if they need it again. While that rarely happens (you need so much less than you think), if this fear is preventing you from getting started, try this alternative method instead.

Begin by simply reducing the *excess* things in your home. For example, your family needs towels so you will never remove them completely—but you could simplify your life by *reducing* the number of towels you own. This approach removes all risk.

Once you take that first step, you will start to experience the benefits of minimalism. You will enjoy the refreshing feeling of a less-cluttered linen closet or bathroom drawer. Soon, you will notice countless other things that can be reduced in your home. Before you know it, you will have made significant progress in your journey towards a more simplified life.

To better understand the potential of this simple, risk-free step, I compiled a list of 101 Things That Can Easily Be Reduced In Your Home.

Just below the written list in this post, you can also sign up to have a printable PDF of my ***Declutter Your Home Checklist***. I’ll send you an in-color version as well as a black & white version.

This minimalist list is not meant to overwhelm or frustrate you, it’s simply meant to give you an idea of how significant a step this can be—just choosing 10 things on this minimalist checklist to start with would result in a noticeable difference in your home.

Some other great resources:

- Scaling down your stuff to go around the world? <https://alittleadrift.com/scaling-down-the-belongings/>
- Want a neat resource on eliminating your stuff and minimizing your belongings? She also provides consulting: <https://www.danabyers.com/to-how-minimize-belongings/>
- Identifying the “clutter hotspots” in your home? <https://www.budgetdumpster.com/resources/how-to-declutter-your-home.php>

What about estate sales?

- <https://www.maxrealestateexposure.com/estate-sale/>

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The Declutter Your Home Checklist: 101 Things That Can Easily Be Reduced In Your Home

101 Physical Things That Can Be Reduced In Your Home by JOSHUA BECKER

<https://www.becomingminimalist.com/101-physical-things-that-can-be-reduced-in-your-home/>

1. Kitchen Glassware
2. Cookbooks
3. Kitchen gadgets
4. Kitchen appliances
5. Pots / pans
6. Mixing bowls
7. Tupperware
8. Water pitchers
9. Coffee mugs
10. Glass jars
11. Magazines / Newspapers
12. Books
13. Over-the-counter medicine
14. Make up
15. Hair accessories
16. Personal beauty appliances
17. Toiletries
18. Photos
19. Photography supplies
20. Sewing supplies
21. Scrap-booking supplies
22. Other craft supplies
23. CDs
24. DVDs / VHS tapes
25. Wall Decorations
26. Candles
27. Candle Holders
28. Figurines
29. Crystal / China
30. Vases
31. Audio/visual components
32. Audio/visual cables
33. Computers equipment
34. Computer peripherals
35. Old cellphones
36. Furniture
37. Video game systems
38. Video game accessories
39. Video games
40. Shirts
41. Pants / Shorts
42. Dresses / Skirts
43. Hats
44. Clothes hangers
45. Shoes
46. Ties / belts / accessories
47. Coats
48. Winter gear
49. Socks / Underwear
50. Sleepwear
51. Jewelry
52. Purses
53. Pillows
54. Linen sets
55. Duvets / Comforters
56. Blankets
57. Towels
58. Televisions
59. Items on your bulletin board
60. Magnets
61. Home office supplies
62. Coins
63. Pens / pencils
64. Rubber bands / Twist ties
65. Cleaning supplies
66. Old batteries
67. Tools
68. Hardware
69. Coolers
70. Manuals
71. Phone books
72. Coupons
73. Board games
74. Puzzles
75. Decks of cards
76. Unused gifts
77. Baby clothes
78. Baby supplies
79. Old schoolbooks/ papers
80. Toys
81. Stuffed animals
82. Kid's artwork
83. Suitcases
84. Pantry food
85. Paper goods
86. Wrapping supplies
87. Pet supplies
88. Plastic bags
89. Party supplies
90. Seasonal decorations
91. Sporting goods
92. Sports memorabilia
93. Automobiles
94. Automotive supplies
95. Scrap pieces of lumber
96. Brooms
97. Rakes
98. Shovels
99. Garden tools
100. Plant containers / Pots
101. Empty cardboard boxes