

What is the Minimalism Trend?

The Minimalism Trend has Clients Calling for Home Remodeling.

In a world full of excess and overindulgence, it is about time. It is about time we scale down and declutter our lives and our home. And so many of us had time to do just that during the pandemic quarantines. And that is good for us at **Home Remodeling**. We help our clients who are ready to begin all levels of the minimalist trend in their lives accomplish just that.

So, if you are asking what precisely the minimalism trend is and how it can work for you, you have found the right page. **Home Remodeling** has pulled together the research to help you on your journey to a more clutter-free life.

The Concept of Minimalism

Minimalism is not all that new of a concept. However, it has recently surged and is a movement with purpose. There are several “gurus” of the lifestyle, each with their own focus and style. The one thing they all seem to have in common is the focus on living with intention. And they mean it in all areas of your life. These organized lifestyle teachers have purposed to live clutter-free, stress-less, and find purpose in each day.

Millennials have really embraced the lifestyle. According to [Forbes.com](https://www.forbes.com):

“Millennials, in particular, are seeking out this minimalist lifestyle. Millennials-- the 18-34 demographic make up more than a quarter of the U.S. population and the majority of the workforce. Millennials have a unique set of values around how they choose to spend their money.”

This unique view has led to the movement toward intentional living and a streamlined environment. Let us introduce you to the “gurus” of the concept.

Stars of the Minimalism Trend

The following three concepts of “minimalist” living are varied in their approach but keep to a central vibe. It seems to have started with Marie Kondo’s book, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*. It really took the world by storm as people began to declutter and donate unused items.

Here are the three concepts in a brief description.

The KonMari Method teaches that tidying your home and life is not about getting rid of everything but rather ensuring everything you own “sparks joy” in your life. Marie does not consider it minimalism but [offers the following suggestions.](#)

Marie Kondo encourages her clients to:

1. Let go with gratitude.
2. Cherish the items you keep.
3. Make space for what you love.

Making space for what you love is the focus of the **Home Remodeling** projects people desire today.

The Home Edit is the brainchild of Joanna and Clea, where they [make the following claim.](#)

“The goal in starting *The Home Edit* was to reinvent traditional organizing and merge it with design and interior styling. While every project is rooted in functional systems that can be maintained for the long term, there is just as much emphasis placed on transforming the space visually and adding their signature stylized aesthetic.”

When remodeling a home, these values clearly line up with the process. Functional systems that are pleasing to the eye bring that joy and creativity to life. But the big push with [THE] is the “edit” part as well. Getting rid of what you have not used or do not have room for helps keep clutter down and adds to a more intentional lifestyle.

The Minimalists- These two men have taken the concept to a whole new level. It is truly a journey of the soul and the “stuff:” in your life. [On their website](#), Josh and Ryan say, “Minimalism has helped us...

- Eliminate our discontent.
- Reclaim our time.
- Live in the moment.
- Pursue our passions.
- Discover our missions.
- Experience real freedom.
- Create more, consume less.
- Focus on our health.
- Grow as individuals.
- Contribute beyond ourselves.
- Rid ourselves of excess stuff.
- Discover purpose in our lives.

They go on to say, “By incorporating minimalism into our lives, we’ve finally been able to find lasting happiness—and that’s what we’re all looking for, isn’t it? We all want to be happy.

Minimalists search for happiness not through things, but through life itself; thus, it's up to you to determine what is necessary and what is superfluous in *your* life.”

After listening to what these three expert groups have to say, you too may be ready to declutter your home and your life.

Is Minimalism Merely a Trend?

We think not. Throughout the pandemic, folks all over had time to either embrace or eliminate their home clutter. No matter what you do, needs change in a household, and children come into your life, go back out, and the empty nest is once more. So, wherever you are in life, you are almost guaranteed not to stay there. And that will require a shift in the way you look at the things in your home.

The vocalization of clear-cut methods in minimalism concepts and organizational endeavors simply led to the awareness and a way to follow the movement. Indeed, if you think of embracing one or parts of these methods, you may want a remodel when you are done.

How Can Home Remodeling Help?

Remodeling comes in all shapes and sizes and even colors. You may want to remove years of wear and tear on your walls revealed by a clean-out of the clutter. Perhaps you now have an empty room that could be better used. There are many scenarios we could mention here. But you get the drift. Freeing up space in the home will help you be more creative, save time when looking for items, and help to declutter the stress in your life.

Ways to Incorporate Minimalism in your Design Plan

At **Home Remodeling**, we have seen many home remodeling projects throughout our years of experience. Currently, here are a few of the hot remodeling projects for those embracing the movement to live with intention with less.

Home Remodeling embraces the three methods with Expansion, Organization, and Clean Lines.

Expansion

You may not think expanding is living with less, but it is all in how you look at it. Adding space to your home to accommodate better organization with intentional living is what it is all about. Here are some ideas of how your remodeling contractor can help you with expansion.

Room Additions

Add a room to the house if you feel you are overflowing with people in the home. With a bit more space, you can clean out each room and embrace a clutter-free life.

Room Repurposing

When an old room is no longer used for its intended use, it may be time to remodel it. Turning a vacated kid's bedroom into a home office gets the work clutter off the dining table and into a purposed spot. Perhaps you no longer need all the storage in the attic. Why not renovate that space to be a workout room? Get those dumbbells and yoga mats out of your living space for good.

Outdoor Spaces

Breathe a breath of fresh air in an all-new outdoor space for the family to enjoy. Getting folks outside frees the mind and increases oxygen levels in the body. You can accomplish this with the following new gathering places.

- Sunrooms
- Custom Decks
- Screened-in Porches

Wall Addition or Removal

Need a bigger living room? What about taking down the walls around the dining room to make an open concept? Or maybe you are the opposite. You are tired of it all in one room, and you would like different rooms for different functions. That's good too. It is all up to you and your home tastes. Whether you add a wall or take one down, your home will feel brand new again with a minor remodel and some fresh paint.

Organization

Of course, organization plays a big part in the movement. Each concept encourages a place for everything and everything in its place. Remodeling closets, pantries, and storage areas can feel like a beautiful new space to enjoy.

Accessories on Display

Whether your accessories are jewelry, fishing rods, or crafting supplies, having a display allows you to see what you have and keeps it all organized. Shelving, storage boxes, and placement will help you enjoy the items without feeling overwhelmed.

Bag and Shoe Racks

Having a place for those shoes and bags is essential in a clutter-free home. Installing shoe racks, shelves, and purse or bag holders is a great way to keep things off the floor and displayed.

Floor to Ceiling Closets

Most closets in the home can be made more efficient by utilizing all the available space. With floor-to-ceiling shelving and a step ladder, seasonal items can be placed up high and rotated as needed.

Garage and Shed Storage

If your garage is seeing new life due to your recent purge, why not give it a makeover as well? Use all the space for wall shelving and ceiling racks if needed. A fresh coat of seal or paint on the floor will make it a source of pride rather than a place of embarrassment.

Clean Lines

Finally, clean lines are a must in the move toward simplicity and intentional decluttering. Homeowners can accomplish this in several ways. Some tips are to keep the walls clear of clutter. Choose the art you want to display and make that piece count. Then fill in old nail holes and hire a professional painter. A new paint job in any room of the home will add cleanliness and new life to that room.

Additionally, you will want to ensure the floors are clear of clutter. The line of sight in a room should be from one end of the room to the other, via the floor. And remember, if you don't have anywhere to put it, you might consider donating the item.

The Minimalist Trend and Home Remodeling

Home Remodeling is here for all your home remodeling projects. Our team provides all the service you need to make that home look like new after a major clean-out. So, give your Georgia Remodeling team a call to see how we can help you live intentionally and clutter-free with a home remodel.

Schedule your free consultation today!