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# e-Lingua

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## How to live more with less

By Nur Ilianis Adnan

In a world where our possessions and finances can easily become overwhelming, finding a balance between what we own and how we manage our resources is essential for a fulfilling life. The first step toward simplicity begins with decluttering our lives, starting with our wardrobes. It's about recognizing that every item we own should not only serve a practical purpose but also bring us joy and beauty in its functionality. This principle extends beyond just our physical belongings; it also applies to how we manage our finances. Understanding that money is a tool, not a master, allows us to take control of our lives.

### *What Should Stay and What Should Go*

Make a detailed, personal list of all your possessions. Ensure whatever you own is essential, practical, and fit for purpose. Every item, no matter how small, must be both functional and beautiful. Unusable objects have an aura of negativity, no matter how beautiful they may be. Even the most everyday objects, like a teapot and knife, become beautiful when they are used regularly and appreciated for their practicality.

How do we start? I started with my wardrobe. I used to love my clothes and keep them even when I no longer wore them. I truly appreciate the free-market event organized by UiTM every semester. When I first joined the event, I brought a few clothes to donate to those in need. Witnessing how excited some people were when taking the clothes, I felt so touched. Then, I remembered the saying, "One man's trash is another man's treasure."







### *Money: Your Servant, Not Your Master*

Money is energy. Only you can know what money means to you. Keep simple accounts and take control of your life. Keep track of your earnings and expenses. This will help you economize more, manage your finances better, and simplify your life.

Have you ever been to a gift shop called 'S&J'? I am excited to share a story here. Back in 2011, I went to this gift shop, roaming around, and something on the shelf caught my eye: a CASH BOOK! Never in my life had I heard the term 'cash book.' I'd heard of a cheque book, nevertheless. Anyway, I quickly took it and opened it. It was a budget-tracker book. Apart from its functionality, I was also drawn to its size and design. So, without a second thought, I bought it!

I tried using it for a couple of months, writing down my expenses and keeping track of my expenditure. One book lasted for almost two years. I kept on buying the books year after year, and without realizing it, I had accumulated around 6-7 cash books already! All I can say is, it really helps me organize my finances. It sounds a bit old-school and traditional, but who cares?

