



The Frum Minimalism Newlywed Guide:

Tips for a Calm, Clutter-Free Home

Starting Your Marriage with Less

Hey Friends!

Mazel tov on your marriage! Starting your life together is such an exciting time—but let's be honest, it can also feel overwhelming. One of the best gifts you can give yourselves (besides each other!) is a home that feels peaceful and calm. And trust me, less stuff = less stress.

Why not start your marriage with the mindset of *only keeping what really matters?*

Let's talk about how to do that in a way that feels manageable and freeing.

Practical Tips for Building Your Home Together

1. What to Keep and What to Let Go

Before you shove all your old stuff into your new home, ask yourself:

- Do we actually use this?
- Does it make our lives better?

If the answer is "no," it's time to say goodbye. . Your home should feel light, not like a storage unit.



2. The Invisible Clutter: Family Expectations

I know you love your families, but let's get real—sometimes their "advice" (read: expectations) can feel a little heavy. Set some loving boundaries early on. This is *your* home and *your* marriage. Clear out the expectations that don't work for you and make room for what does—your relationship.

3. Start with Less, Build More Later

You don't need every piece of furniture or gadget *right now*. Starting small gives you space to grow together without feeling buried in stuff. Plus, your taste will probably change once you live together for a bit.

4. Quick Decluttering Tip: Start with the Bathroom

If you're looking for a fast win, declutter the bathroom first. Clear the counters, toss those expired lotions, and voilà—instant spa vibes. It's amazing how good a clean, calm space can feel!

5. Sentimental Stuff: How Much is Too Much?

If you're holding on to every childhood trophy or random keepsake, here's your new mantra I teach my students: ***If everything is special, nothing is special.*** Keep the truly meaningful things and let the rest go. You'll appreciate the ones you save so much more.

What About Pushback?

6. When Gifts Don't Fit Your Life



Gifts are about the thought, not the object. *You don't have to keep a gift to keep the love.* The love is in the giving, not the keeping. If something doesn't work for your minimalist lifestyle, thank the giver, enjoy the love behind it, and donate or pass it on guilt-free.

7. When Family Members Are... Overly Generous

If certain relatives like to shower you with more than you need (hello, five sets of dishes!), it's okay to set boundaries. Explain that you're focusing on quality over quantity. It may take a while, but they'll get it eventually.

8. What If Your Husband Loves His Stuff?

OK, let's be real. What if your husband just loves his stuff? It's okay! Minimalism is about compromise. Give him a clearly defined space for his belongings, even if it's a little more than you'd like. The key is respecting his space while keeping shared areas (like the living room or kitchen) organized and clutter-free.

Mindset Shifts for Minimalism

9. Less is More

"Marbeh nechasing, marbeh daagot". The more you own, the more you worry about. Keeping less stuff means you'll have more time, energy, and headspace to focus on what really matters—each other.

10. Feeling Overwhelmed? Brain Dump It

When your head feels like a cluttered junk drawer, grab a pen and do a brain dump. Take it off your head and heart, and down



on a paper. Write down everything you're worrying about, then cross off the nonsense and take care of the important. This will feel like magic!

Setting the Foundation for a Strong Marriage

11. Your Non-Negotiables

What are the non-negotiables in your marriage? Maybe it's never going to bed upset or saying "I love you" before you leave the house. Whatever they are, set them early—they're like guardrails for your relationship.

12. Go All In

Marriage isn't 50/50; it's 100/100. Give everything you've got to your husband, and chances are, he'll do the same for you. Treat him like a king, and you'll feel like a queen.

13. Share Your Goals

Marriage is like rowing a boat—if you're not rowing in the same direction (or worse, not even in the same boat), you'll just go in circles. Sit down and talk about your dreams and goals. Build a life together that you both love.

Conclusion: Your Calm, Clutter-Free Life Starts Here

Starting your marriage with less stuff means you'll have more room for the things that count: love, joy, and connection. Keep it simple, focus on each other, and watch your home become the peaceful haven you've always dreamed of.



You've got this, ladies!

LOVE,

Ellie

Want to learn more about minimalism?

Grab my book, *Frum Minimalism*, on Amazon! 🌈 It's packed with life-changing tips on meal planning, laundry, step-by-step guides for every room in your home, travel hacks, capsule wardrobes, and so much more. Start simplifying your life today!