



# Day 22 “Home”

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# 1. Decluttering



*Using the “30 days of  
Minimalism” checklist*

## Decluttering Process



I chose to combine both days 5 and 6, which are beauty products and accessories, respectively. I had 2 makeup bags and one shoebox full of beauty products that I rarely used, many of which were conventional, toxin filled products. I also had many pieces of jewelry that I never wear, so I figured it would be best to donate these pieces to let someone else enjoy them.



## What I got rid of...



I managed to find several beauty products that I was able to eliminate. Almost all of them were either old, or I had never used. I used the app ThinkDirty to scan each product to see if it was harming my skin/body, and many of them had high (hazardous) ratings, so I felt better about no longer keeping them. The Tom's deodorant was one of my favorites, but it's been with me for a few years and is well beyond its expiration date. As for the jewelry, I had to ask myself "does this item serve a purpose in my life?" and the answer was no because I never wore these jewelry pieces. Although many of these items were gifts and once had sentimental value to me, this was no longer the case.



## My Own Personal “Declutter Category”

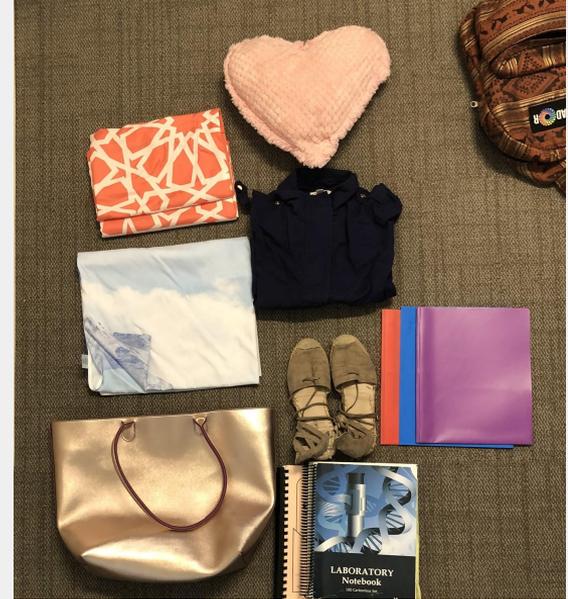


I also decided to declutter what was left over in my college move in bins - stuff that I had never even unpacked at the beginning of the semester, or things that I was keeping in there for storage sake. I felt that since these items weren't in use, there wasn't a large purpose to be keeping them around when they could be put to use elsewhere by someone who needs these items or would put more value on them.

## What I got rid of . . .



I managed to eliminate a lot of miscellaneous items that were no longer in use. A pair of shoes I've had for many years that have fallen apart, a purse I no longer use or like, a tapestry that no longer has value to me, two pillow cases, a heart shaped pillow, a jacket that no longer fits, two books from old classes, and three plastic folders I will never use.



## What did I do with these items?



My college has a nonprofit organization called helping hands of Clemson, and they have a thrift store that accepts donations. This is where I gave all the clothing/accessory related items, as well as the pillow cases, tapestry, and pillow, and the school supplies. My campus also has Goodwill clothing donation “houses” all over campus, so I could have donated some of these items there as well. I held on to the tote bag because it was still in great condition and I was planning on gifting it to someone, like my mom or a friend.

## What to do with old beauty products?

The biggest challenge I had was  finding out what to do with my old cosmetic products. I found that the best alternative was to check and see if any of these products were recyclable, rather than throwing them into the landfill.

Unfortunately I couldn't find any indication that the packaging of the products was recyclable; however, I found an organization called TerraCycle that takes products with questionable recyclability. I plan on shipping the packaging of the beauty products to the company. TerraCycle has collected more than 6.3 million units of personal care and beauty waste, and over \$124,000 has been donated to schools and charities. Much of the waste is re-used to make playground equipment, plastic lumber, decking, benches, picnic tables, and more. I felt that although not ideal, it was much better for the products to be re-used rather than tossed out.

# How Terracycle Works



WASTE IS UPCYCLED OR RECYCLED INTO VARIOUS PRODUCTS

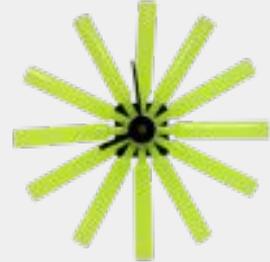
WASTE IS SENT TO TERRACYCLE



(use any box)



PRODUCTS CAN BE SENT BACK TO TERRACYCLE





## 2. Insights and ideas for the future



*What have I learned from this  
process towards minimalism?*

## Reflection

One of the lessons I learned from this process  is to be mindful when I shop for things. This means asking myself, “do I really need this item?” or “what purpose will this item serve me?”. I want to be sure that I will get good use out of something - meaning it will last a long time - before I buy something. I only want to buy things that I truly need. Also, because I had a struggle figuring out what to do with my old makeup products, I plan on purchasing makeup from brands that use recycled/recycable packaging, that way when I’m finished with a product, it won’t go to the landfill and I can be confident that it will be recycled. I found a link to 10 zero waste makeup brands here: <https://www.goingzerowaste.com/blog/10-zero-waste-makeup-brands>. Moving forward, I am excited to change the way I think about “things” and be conscious about my purchasing decisions in stores, as well as applying the philosophy of voting with my dollar by opting for safe, eco-friendly brands.