

# MINIMALISM CHALLENGE

**Brooke crouch**

**B1c5zr**

**[b1c5zr@virginia.edu](mailto:b1c5zr@virginia.edu)**

**University of Virginia**

# TO BEGIN

THIS IS MY FIRST YEAR IN COLLEGE. I MOVED INTO MY DORM ABOUT 2 MONTHS AGO, WHICH WAS QUITE AN ADJUSTMENT! I WENT FROM HAVING AN ENTIRE HOUSE TO HOARD MY STUFF IN TO SHARING A SINGLE 7X15 ROOM WITH MY ROOMMATE. IN OTHER WORDS, I HAD TO DOWNSIZE. UNDERSTANDABLY, THIS NECESITATED A MINIMALISM CHALLENGE OF MY OWN IN THE WEEKS BEFORE SCHOOL STARTED! AS SUCH, MY DORM ROOM DOES NOT HAVE THE HOARDS OF STUFF WITH WHICH TO INITIATE A FULL-SCALE MINIMALISM CHALLENGE. THEREFORE, I HAVE DECIDED TO GO THROUGH A FEW DIFFERENT ASPECTS OF MY LIFE IN ORDER TO SUFFICIENTLY ADDRESS THE DEMANDS OF THIS CHALLENGE. SOME ARE DIGITAL, AS WAS SUGGESTED ON THE MINIMALISM GUIDE, WHILE SOME ARE INDEED PHYSICAL.

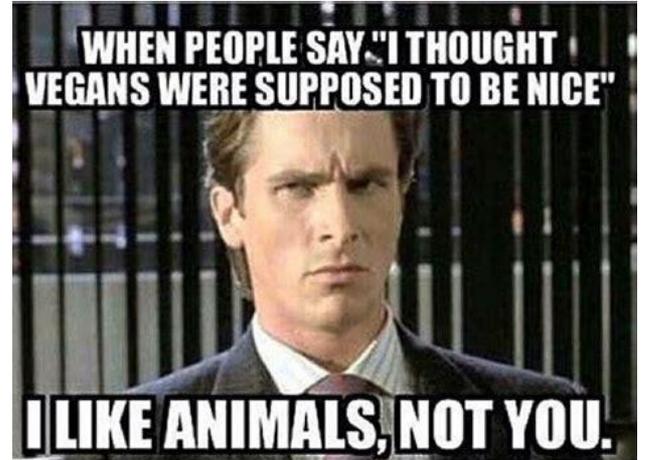
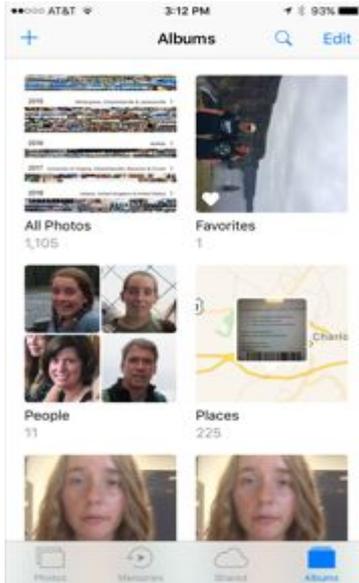
# DIGITAL SPACE

1. PHOTOS. I HAVE A LOT OF RANDOM PHOTOS THAT I NEVER LOOK AT AND HAVE NO IDEA WHY I TOOK. SOME OF THEM ARE VALUABLE, LIKE FROM MY GRADUATION AND MY SUMMER TRIP, BUT SOME ARE RANDOM PRINTER CODES AND SUCH. THEY ARE TAKING UP WAY TOO MUCH SPACE ON MY PHONE FOR THINGS THAT HAVE NO VALUE TO ME!

# BEFORE

1,105 PHOTOS!

THAT'S JUST A MEME REPRESENTING THE JUNK PHOTOS I HAVE :)



# AFTER

I GOT RID OF ABOUT 300 PHOTOS AND I HAD SO MUCH FUN LOOKING BACK THROUGH THEM! I GOT TO ABOUT 4 YEARS AGO AND IT WAS CRAZY TO SEE THE TRANSFORMATION! NOW I HAVE PRIMARILY PHOTOS WITH PEOPLE IN THEM INSTEAD OF JUNK PHOTOS

THATS AN EXAMPLE OF A PHOTO I WANT TO KEEP!



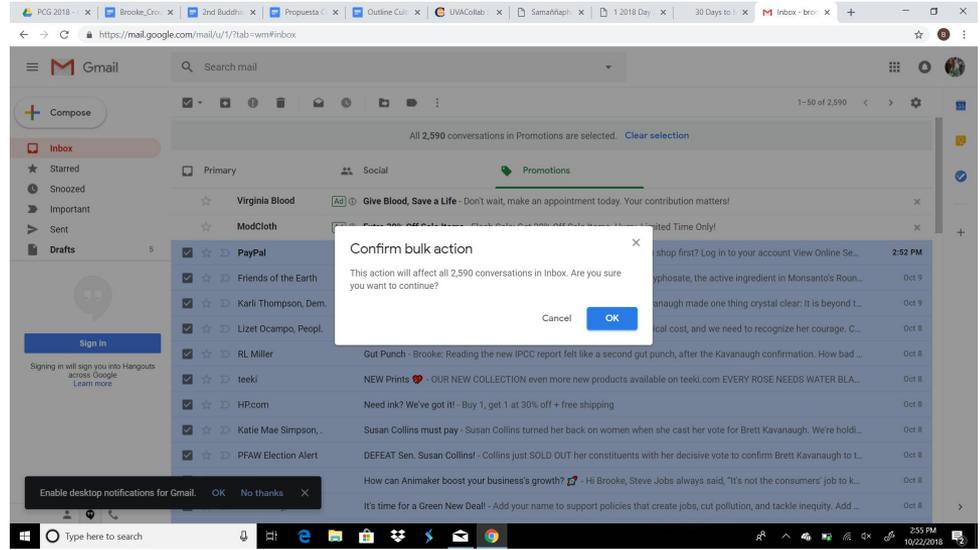
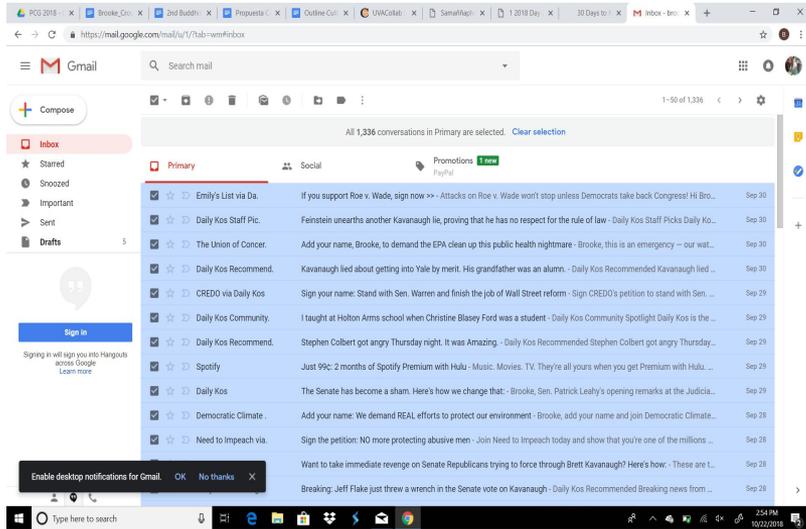
# DIGITAL SPACE

1. EMAIL. YIKES. I HAVE PROBABLY 2000 EMAILS IN MY INBOX THAT I NEED TO CLEAR OUT. I JUST READ THEM AND DON'T DELETE THEM OR PUT THEM INTO FOLDERS. IT HAS GOTTEN SO BAD THAT I DON'T EVEN CHECK MY EMAIL ANY MORE BECAUSE I GET OVERWHELMED WITH HOW MANY EMAILS I HAVE!

# BEFORE

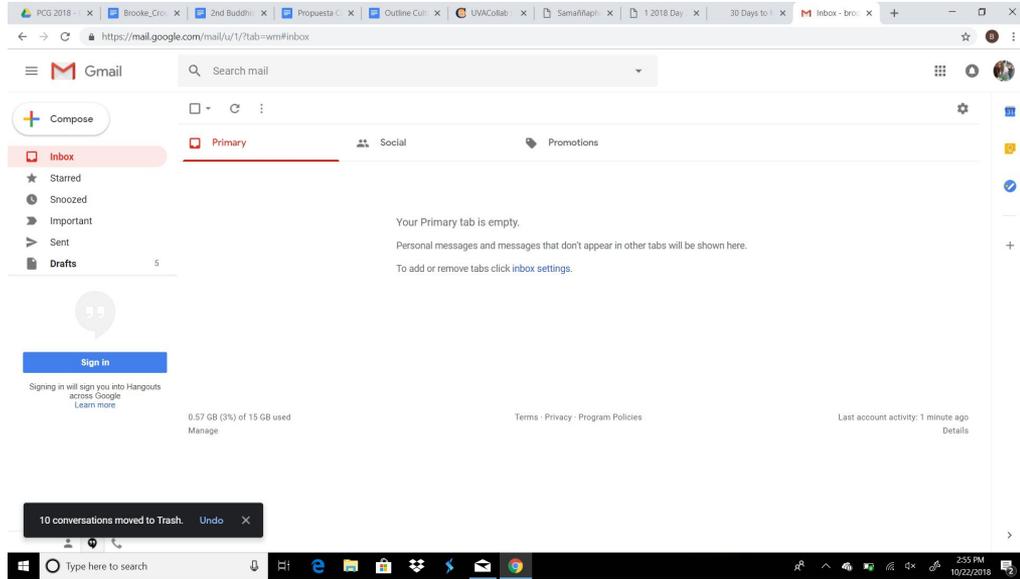
1,336 PRIMARY EMAILS!!!

2,590 PROMOTIONAL EMAILS!!!



# AFTER

EMPTY. ANNNNN.



# PHYSICAL SPACE

1. BEAUTY PRODUCTS. WHILE I DO NOT GENERALLY WEAR MAKEUP OR LOTS OF BEAUTY PRODUCTS, THEY DO TEND TO PILE UP. THIS IS MAINLY BECAUSE I NEVER GET TO THE END OF THEM BEFORE I STOP USING THEM, AND THEY JUST SIT IN MY DRAWER, FORGOTTEN AND ALONE. TODAY IS THE DAY I WILL GET RID OF THE ONES I DON'T USE ANYMORE!

# BEFORE

HONESTLY, I PROBABLY ONLY USE  $\frac{2}{3}$  OF THIS STUFF- AND I USE THE MAKEUP MAYBE ONCE A MONTH



# AFTER

AHHH. SO MUCH MORE ORGANIZED. NO MORE RUSTY BOBBY PINS(YES, I HAD SEVERAL)!



# PHYSICAL SPACE

1. MY BACKPACK. I CANNOT TELL YOU HOW MANY THINGS I HAVE ABSENTLY SHOVED INTO MY BACKPACK AND SUBSEQUENTLY FORGOTTEN ABOUT! SO MANY PAPERS AND PENS HAVE BEEN LOST IN THOSE CAVERNOUS EXCESSES. YESTERDAY I PULLED OUT A FORK THAT I THOUGHT I HAD LOST A MONTH AGO, ALONG WITH A MOLDY ORANGE. YUCK. TIME TO CLEAR IT OUT!



# AFTER

LOOK AT THE TRASH I HAD IN MY BACKPACK!



I HAD BEEN WONDERING WHERE ALL MY UTENSILS WENT!



# AFTER

OH YEAH, THATS WHERE THAT IS



NOW I JUST HAVE THE ESSENTIALS!



# REFLECTION

IT FEELS SO NICE TO DECLUTTER! I HAVE A BAD HABIT OF PROCRASTINATING AND NOT DOING THE UNPLEASANT TASKS THAT I REALLY SHOULD DO(I'M LOOKING AT YOU, DIRTY DISHES. AND LAUNDRY. AND TRASH.) AFTER DECLUTTERING, I FEEL MUCH CALMER AND MORE IN CONTROL OF MY LIFE. I ACTUALLY KNOW WHAT I HAVE AND AM NOT DISTRACTED WITH A BUNCH OF RANDOM CRAP(IE. COUNTLESS EMAILS FROM CLOTHING STORES AND ADS, RANDOM PAPERS, ETC.). SPECIFICALLY RELATED TO THE BEAUTY PRODUCTS, IT MADE ME REALIZE THAT I DIDN'T ACTUALLY *NEED* MOST OF THAT STUFF. I SORT OF JUST BOUGHT THINGS BECAUSE I LIKED THEM AT THE TIME, BUT I DIDN'T REALLY THINK ABOUT THEIR LONG TERM VALUE TO ME. EVEN THOUGH I DIDN'T GO THROUGH MY CLOTHES BECAUSE I DID THAT JUST A LITTLE WHILE AGO, I THINK THE SAME CONCEPT APPLIES. INSTEAD OF BUYING A LOT OF POOR QUALITY THINGS I DON'T NEED, I SHOULD BE BUYING A SMALL AMOUNT OF HIGH QUALITY CLOTHING THAT WILL LAST ME A LONG WHILE AND I CAN WEAR OVER AND OVER AGAIN(UPDATE: I HAVE BASICALLY ACHIEVED THIS, BECAUSE I WEAR THE SAME THREE LIFE IS GOOD SHIRTS AND MY TEEKI LEGGINGS EVERY SINGLE DAY. WHAT CAN I SAY, I TRY TO DRESS LIKE I COULD GO HIKING AT ANY MOMENT:)) AFTER TODAY, I WILL TRY AND KEEP MY CLUTTER DOWN AND MY PURCHASES MINIMAL AND QUALITY.