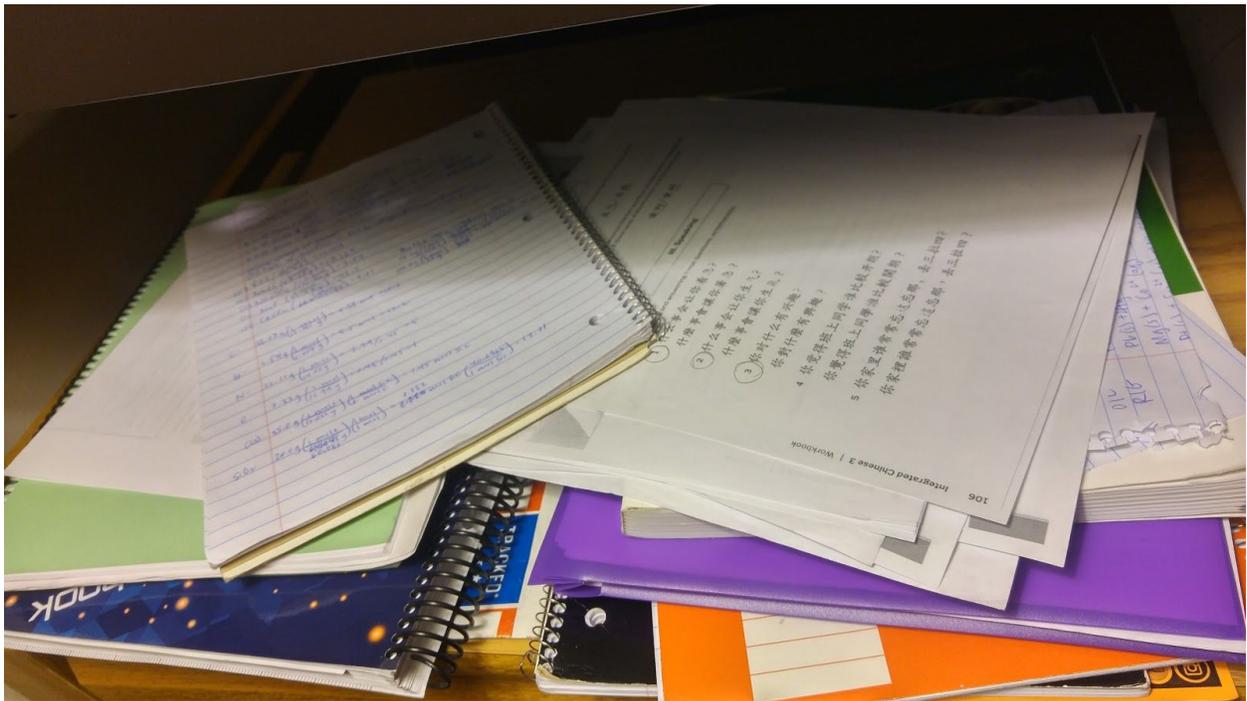


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## Day 22: Greener

Throughout the years, I have collected and accumulated many knick knacks and paraphernalia from here and there, ranging from balls of yarn and spools of embroidery floss from my arts and crafts hobbies to thick stacks of handwritten letters and cards from my classmates in elementary school to a whole bookshelf of yellowing, aging books that I bought during a book sale, promising to myself that I would read more. My room, least to say, is cluttered and full, but I never felt the need to clean and sort through everything that I own. However, today is that day.



*Yikes... My habit of tossing notebooks, folders, and textbooks under my bed has been spiraling out of control*





*Much better!!*

It was initially very stressful for me to be honest with myself and my hoarding/messy habits because I didn't want to accept the fact I was living like this and confronting with that reality would only make my bad habits seem more real and ugly. But once I got past my initial hesitation, it was really refreshing to see all the items that I had buried away in clear daylight. I found pages and pages of scrap paper full of scribbles and chemistry equations and discovered where my missing Blistex chapstick was hiding for weeks. It turned out that I had so many useless things covering all the important things that I needed and by decluttering these things in my life, I found that there was a lot of trash and junk just piling up around my dorm. Once I was done organizing everything, I felt so calm and serene, like I had just lifted a weight off my shoulders.

My main takeaway from this challenge is that less is more. By clearing away things that I didn't need, I got to keep things in my life that were helpful and beneficial to me. There was no need for me to keep so many flyaway papers if they didn't serve me any use or made me happy. This challenge made me realize that the number of material possessions that I own has no correlation to life satisfaction and happiness. Having more items and junk doesn't mean that I will always be happy. Instead, cutting away unnecessary things can lead to a more fulfilling life.