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Before I even started cleaning, as I was reading the challenge, I felt a wave of guilt. I've been trying to downsize and declutter for years upon years. Every single room cleaning spree I go on results in 2-5 bags of trash. Even today I generated about 3 bags of trash.

But the important thing for me was setting a timer (25 minutes), designating a location (my black shelf and under my bed) and really going to town. Everything I pulled was items I haven't touched for a year at least. The exception is that massive bag of yarn I was given. I don't really knit, so I have no idea why I was given it.

It felt good to get some stuff off my shelves. As I contemplated, I also realized that when you asked if "an item sparks joy", you're referring to the Kon-Mari method! I've read that book cover to cover. It helped me change the way I think about belongings. And while I have cut down on my buying habits, I am still throwing away stuff I bought years ago.

So, as I sort these bags into trash, donate, and sell piles, I think I'll keep doing what I've been doing for the past year. Binge-cleaning once a month. Because while it may not seem like much, I've put a considerable dent into the messy room I call home.

If you would like to watch me clean my room and listen to this reflection, follow this link:

https://youtu.be/q_6QNGbNstY