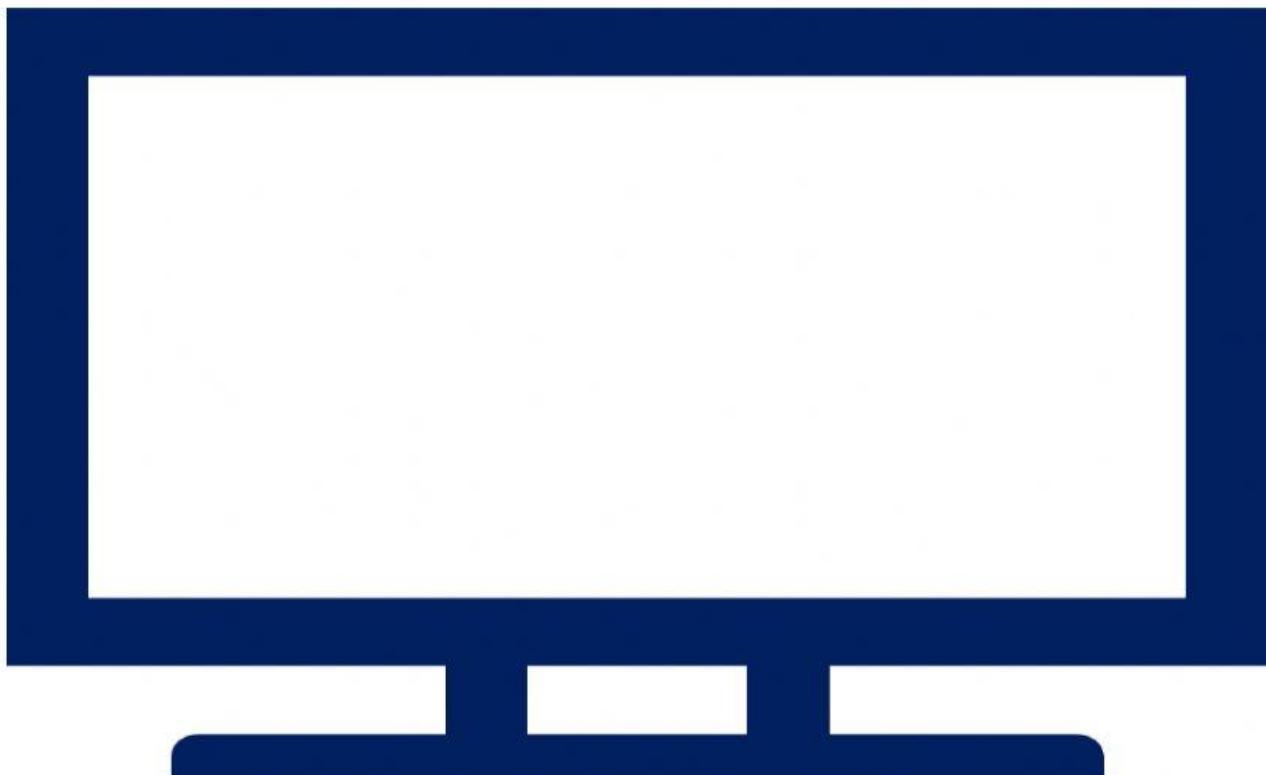


## WATCH AND COMPLETE

### LESS STUFF, MORE HAPPINESS – Graham Hill, TED-Ed

While you watch the video, complete Graham Hill's talking.



What's in the \_\_\_\_\_? Whatever it is must be \_\_\_\_\_ important, because I've traveled with it, moved it, from \_\_\_\_\_ to apartment to apartment.

Sound \_\_\_\_\_? Did you know that we \_\_\_\_\_ have about three times the \_\_\_\_\_ of space we did 50 \_\_\_\_\_ ago? Three times. So you'd think, with all this \_\_\_\_\_ space, we'd have plenty of \_\_\_\_\_ for all our stuff. Nope.

There's a new \_\_\_\_\_ in town, a 22 billion-dollar, 2.2 billion sq. ft. industry: that of \_\_\_\_\_ storage. So we've got \_\_\_\_\_ the space, but we've become \_\_\_\_\_ good shoppers that we need even more space. So where \_\_\_\_\_ this lead? \_\_\_\_\_ of credit card debt, \_\_\_\_\_ environmental footprints, and perhaps not

coincidentally, our happiness \_\_\_\_\_ flat-lined over the \_\_\_\_\_ 50 years.

Well I'm here to \_\_\_\_\_ there's a better way, that \_\_\_\_\_ might actually equal \_\_\_\_\_. I bet most of us have experienced at some \_\_\_\_\_ the joys of less: \_\_\_\_\_ -- in your dorm, traveling -- in a hotel room, \_\_\_\_\_ -- rig up basically \_\_\_\_\_, maybe a boat. Whatever it was for you, I bet that, among other things, this gave you a little more \_\_\_\_\_, a little more \_\_\_\_\_. So I'm going to suggest that \_\_\_\_\_ stuff and \_\_\_\_\_ space are going to equal a \_\_\_\_\_ footprint. It's \_\_\_\_\_ a great way to save you \_\_\_\_\_ money. And it's going to give you a \_\_\_\_\_ more ease in your life.

So I started a \_\_\_\_\_ called Life Edited at [lifeedited.org](http://lifeedited.org) to further this \_\_\_\_\_ and to find some great \_\_\_\_\_ in this \_\_\_\_\_.

First up: crowd-sourcing my 420 sq. ft. \_\_\_\_\_ in Manhattan with \_\_\_\_\_ Mutopo and Jovoto.com. I wanted it all -- home office, sit down dinner for 10, room for guests, and all my kite surfing gear. \_\_\_\_\_ over 300 entries from around the \_\_\_\_\_, I got it, my own little jewel \_\_\_\_\_. By buying a space that was 420 sq. ft. instead of 600, \_\_\_\_\_ I'm saving 200 grand. Smaller \_\_\_\_\_ is going to make for smaller \_\_\_\_\_ - save some more money \_\_\_\_\_, but also a smaller footprint. And because it's really designed \_\_\_\_\_ an edited \_\_\_\_\_ of possessions - my \_\_\_\_\_ stuff - and really designed for me, I'm \_\_\_\_\_ excited to be there.

So \_\_\_\_\_ can you live little? \_\_\_\_\_ main approaches.

First of all, you \_\_\_\_\_ to edit ruthlessly. We've got to clear the arteries of our \_\_\_\_\_. And that \_\_\_\_\_ that I hadn't worn in years? It's \_\_\_\_\_ for me to let it go. We've got to \_\_\_\_\_ the extraneous out of our lives, and we've got to learn to stem the \_\_\_\_\_. We \_\_\_\_\_ to think before we buy. Ask ourselves, "Is \_\_\_\_\_ really

going to make me \_\_\_\_\_? Truly?" By all means, we should buy and own some \_\_\_\_\_ stuff. But we want stuff that we're going to love for years, not \_\_\_\_\_ stuff.

Secondly, our \_\_\_\_\_ mantra: small is sexy. We want \_\_\_\_\_ efficiency. We want \_\_\_\_\_ that are designed for how they're used the vast majority of the \_\_\_\_\_, not that rare \_\_\_\_\_. Why have a \_\_\_\_\_ burner stove when you rarely use \_\_\_\_\_? So we want \_\_\_\_\_ that nest, we \_\_\_\_\_ things that stack, and we want it digitized. You can take paperwork, books, movies, and you can make it disappear -- it's \_\_\_\_\_.

Finally, we want \_\_\_\_\_ spaces and housewares - a sink \_\_\_\_\_ with a toilet, a dining table \_\_\_\_\_ a bed - same space, a little side table stretches out to seat 10. In the winning Life Edited \_\_\_\_\_ in a render here, we combine a moving wall with transformer \_\_\_\_\_ to get a lot out of the space. Look at the coffee table - it grows in height and width to seat 10. My \_\_\_\_\_ folds away, \_\_\_\_\_ hidden. My bed \_\_\_\_\_ pops out of the wall with two fingers. Guests? Move the \_\_\_\_\_ wall, have some fold-down \_\_\_\_\_ beds. And of \_\_\_\_\_, my \_\_\_\_\_ movie theater.

So I'm not \_\_\_\_\_ that we all need to live in 420 sq. ft. But consider the \_\_\_\_\_ of an edited life.

Go from 3,000 to 2,000, from 1,500 to 1,000. Most of us, \_\_\_\_\_ all of us, are here pretty happily for a \_\_\_\_\_ of days with a couple of \_\_\_\_\_, maybe a small space, a \_\_\_\_\_ room. So when you go \_\_\_\_\_ and you walk through your front \_\_\_\_\_, take a second and ask yourselves, "Could I do with a little life editing? Would that give me a little more \_\_\_\_\_? Maybe a little more time?"

What's in the \_\_\_\_\_? It doesn't really \_\_\_\_\_. I know I don't \_\_\_\_\_ it. What's in \_\_\_\_\_? Maybe, just maybe, less might equal \_\_\_\_\_. So let's make room for the \_\_\_\_\_ stuff.

Thank you.