

### MINIMALISM: Netflix Trailer

Watch and listen to the video.

<https://www.youtube.com/watch?v=jn-xbOCZOiQ>

Complete the transcript with the words in the box.



acknowledged	bingeing	doorstep	discontent	hunger	Minimalism
my	poor	possession	us	value	void

"Stuff, stuff, stuff. The accumulation of stuff."

"Stuff is contributing to our 1. \_\_\_\_\_ in so many different ways."

"We never really stop to question, What is essential? What is necessary? How much of the stuff is actually adding any 2. \_\_\_\_\_ to my life?"

"We have the opportunity to have so much."

"Anything you can think of. You can get on your 3. \_\_\_\_\_ now within 24 hours. "That's almost like magic."

What if you removed one material 4. \_\_\_\_\_ from your life each day for a month? What would happen?

"I think we should be allowed to say, "I thought this was the life I wanted, but it's not, so I'm gonna start over again."

"Our memories are not in our things. Our memories are inside 5. \_\_\_\_\_."

"Both of us grew up 6. \_\_\_\_\_. We really never had enough."

"I tried to fill that 7. \_\_\_\_\_ the same way many people do. Chasing the American dream, it cost me so much more than money. I might have been living the American dream, but it wasn't 8. \_\_\_\_\_ dream."

"9. \_\_\_\_\_ changed my life. It's given me the opportunity to be that person that I used to just talk about being."

"This deep knowing that all I was searching for, I already had."

"Friends and family have 10. \_\_\_\_\_ a profound change in me."

"The reason the message of minimalism is so powerful is because we are 11. \_\_\_\_\_ on all the wrong things and dying of 12. \_\_\_\_\_ for the things that really matter."