**Media Assessment**

Your Name (First M. Last)

Date

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 This Ted Talk was presented by Joshua Fields Millburn and Ryan Nicodemus. Joshua is the main speaker who shares his story about how he was apparently living an American dream with six salary figure and an amazing house. But his divorce and death of his mother changed his perspective about life and consumerism. After his mother’s death, while he was dealing with her possessions, he realized that we humans often keep collecting stuff when it’s not even worth anything. We also associate feelings with certain objects and store objects as a ticket to memory which is wrong.

 His realizations made him "let go" of the unnecessary stuff from his life. After selling and giving away his mother's stuff to a charity he started to de-clutter his own life of unwanted possessions. He adopted the lifestyle of "minimalism" that urges to keep the stuff that adds value to life and gets rid of stuff that doesn't add meaning to it.

 I find his story really inspiring and thought-provoking. It is true that we keep collecting stuff often just because we feel attracted towards a particular item, maybe after seeing the advertisements. We buy things even when we don't need them, thus we keep cluttering our lives, that affect us emotionally and bounds us into problems. Consumerism is the biggest problem of our time that is causing an increase in waste on our planet, it is also increasing debt on the population.

I want to get rid of the lifestyle of consumerism and just keep things in my life that value to it, in hope that I will feel light, relaxed, happy and more focused towards the important things in life, exactly like the speaker Joshua.

 I really like the philosophy of the speakers that we should love the people and use the stuff instead of using people and loving stuff. This way we can not only make our lives better but overall benefit our society.