

CLUTTER CAPSULE

Add Space Your Life Slowly.



BACKGROUND



In the past, I've been caught in consumerism and still think it would be easy to fall back into it if I'm not careful. I like nice things. A new, reliable automobile can make your life easier. I tell myself I need a new MacBook to make me more productive, even though my current laptop is still great. I would love to get more audio and a big kick-ass speaker, but of course, I would need a large place to use them effectively.

Therein lies the problem. The more we consume, the more we need to consume. Buy a bigger house, and you need more furniture. Extend our garage and suddenly we find ourselves needing a bunch of specialized tools. Get a new barbecue and soon we will need new lawn furniture and a deck to make the most of it. It never ends. The more we get the more we want.

RESEARCH

Where I live, the United States has 5% of the world's population but we're consuming 30% of the world's resources and creating 30% of the world's waste. 99 percent of the resources are harvested, mined, processed, transported—99 percent of the stuff we run through this system is trashed within 6 months in the North America. The average U.S. person now consumes twice as much as one did 50 years ago.

“Most of the environmental issues we see today can be linked to consumption,” said Gary Gardner, director of research for Worldwatch Institute—Analyzes interdisciplinary environmental data from around the world, providing information on how to build a sustainable society. More importantly, we harm our environment unconsciously and anonymously. All we see as consumers are the items on the shelf.

We are afraid to let an unnecessary possession go because we may need it someday or struggle to let go of it. When I introduced the concept of decluttering, 8 of 10 people responded, “yes, I need to declutter. I have too much stuff I don't use, but I keep buying. If I clear out, my place will be more comfortable.” People know owning fewer possessions brings benefits into their

lives: More space, more time, less debt, less stress, less environmental footprint. However the decluttering process is long and not easy to initiate.

Based on interviews and surveys, there are three types of people who cannot get rid of their clutter. First, people who are living in the future. They are afraid that they just might need to use the items again. - The decluttering process should include an evaluation period to determine the worth of each item's true value. - There is an irresistible attraction to our possessions. Second, people who are living in memories. They are afraid that if they let go of the past, life has a way of twisting and changing. The less stuff we have blocking our way, the freer we are to live in the now and explore the possibilities of the future. Third, they fear that getting rid of stuff will take a lot of work. They think they can do it when they have spare time, but not today.

PERSONAL DECLUTTERING EXPERIENCE (May 2014 - Present)



One day I was inspired by the article, “The Dumpster Project, www.dumpsterproject.org,” an experiment led by Wilson. In this project, he and his environmental science students are transforming a dumpster into a fully sustainable home over the course of a year. After 1 year, he said “When you downgrade your space, you pay less rent, you can live closer to your job. You get out into the world more, meet more people, interact more and know your neighborhood... I think it just gives you more freedom financially and time-wise, which are primarily two of the most important assets, when you think about it.”

I decided to start my journey of living with less. Since then, I got rid of 75% of my infrequently used items. I am spending more time in productive ways such as spending it with my family, meeting friends instead of cleaning, shopping and organizing throughout the week.

Usage Comparison	Jul, Aug, Sep, Oct, Nov, Dec, 2013 - Jan, Feb, 2014	Jul, Aug, Sep, Oct, Nov, Dec, 2014 - Jan, Feb, 2015
Total Electronic - kWh	5054	4366

PROTOTYPE I (Dec 2014 - Feb 2015)

Based on my personal decluttering experience, I designed first prototype for others to take a similar excursion. I explained to participants who are my thesis advisor, colleagues, neighbor and DSI friends. Using paper bags, I visited their places and pick their stuffs in my place until the date they set up. I collected 116 items from participants and 3 items were returned to their places. All their unwanted items, I donated to charity organization and received donation receipts with the donation value guides. The donation value guide helps donator determine the approximate tax-deductible value of some of the more commonly donated items. It includes low and high estimates. So, users choose a value within range that reflects their item's relative age and quality.



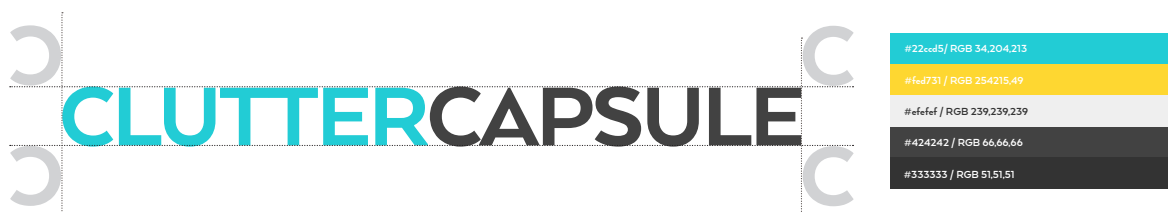
“It gave me a push to stop and really look at the things around me. To question what is important and worth holding onto.”

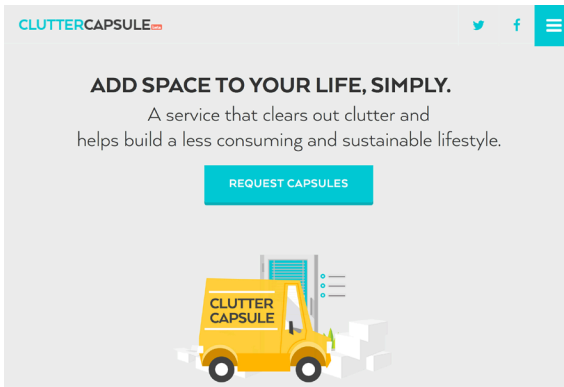
“Letting Go Slowly” is very clever idea. Clutter Capsule is sort of a therapist.”

I hoped to learn during the initial prototype, 1. The best (simple) way to get started with decluttering. 2. How does declutter effect to our lifestyle. Unfortunately, either one was hard to get a result in the limited time.

Nevertheless, the initial prototype process helps people realize their own decluttering goals. Users feedback have sharpened Clutter Capsule for simplicity and taught me important insight about clearing clutter.

PROTOTYPE II (Feb - Apr 2015)





HOW CLUTTERCAPSULE WORKS



1. Select "Request Capsules" to get started.



WHY CLUTTERCAPSULE?

The average American now consumes twice as much as they did 50 years ago. More consumption means more production instigating more negative impact on our environment.

Sometimes we are afraid to let a possession go because we may need it someday or actually don't know how to let it go. The decluttering process should include an evaluation period to determine the worth of each item's true value to you. Priorities change. Don't let something that was important to us a year ago dictate what's meaningful to you today.

"It gave me a push to stop and really look at the things around me. To question what is important and worth holding onto. The form provided and coming to pick up the capsules made it very easy to do."

Jeff
Co-founder of PlayAlong

LIVING WITH LESS

More possessions need to be taken care of—paid for, cleaned, stored, and maintained. Less clutter you have, the less waste, positive impact on the environment, less pressure to keep up with Joneses, less stress, more money. Are you ready to get serious about eliminating clutter in your life for our better environment? Clutter

Throughout the initial prototype I, I updated the process to make it more simpler and easier for users with background information. I created a request process in web platform, www.cluttercapsule.com. Users can visit the website and request empty containers at their places within a one step process. This time my target users were people whom I didn't know personally. This process definitively inspired me and others to realized what they need and the benefits of having less possession in their lives.

When a user submits a "Request Capsule", I drop off and pick up the containers (Capsules) to users home. Once user completed an evaluation time period, user decide whether to donate or bring their item home in the decision page. The user gets to choose a donation organization of his or her choice.

Since I launched cluttercapsule.com, more than 600 people visited (as of April 10, 2015) in less than a 2 month period and continued to increase in traffic. Visitors connected in various counties in the world, France, UK, Russia, Spain, Japan, China, Korea and US through social media such as Facebook and Twitters.

Through the prototypes, total of 1,132 items were donated and 5 items were requested back by users (106 items are in progress as of April 27, 2014). 96% of users did not miss their items since they requested.

98% of participants said without clutter they have more space, 96% said it alleviated their mental health, 88% of users said they saved money.

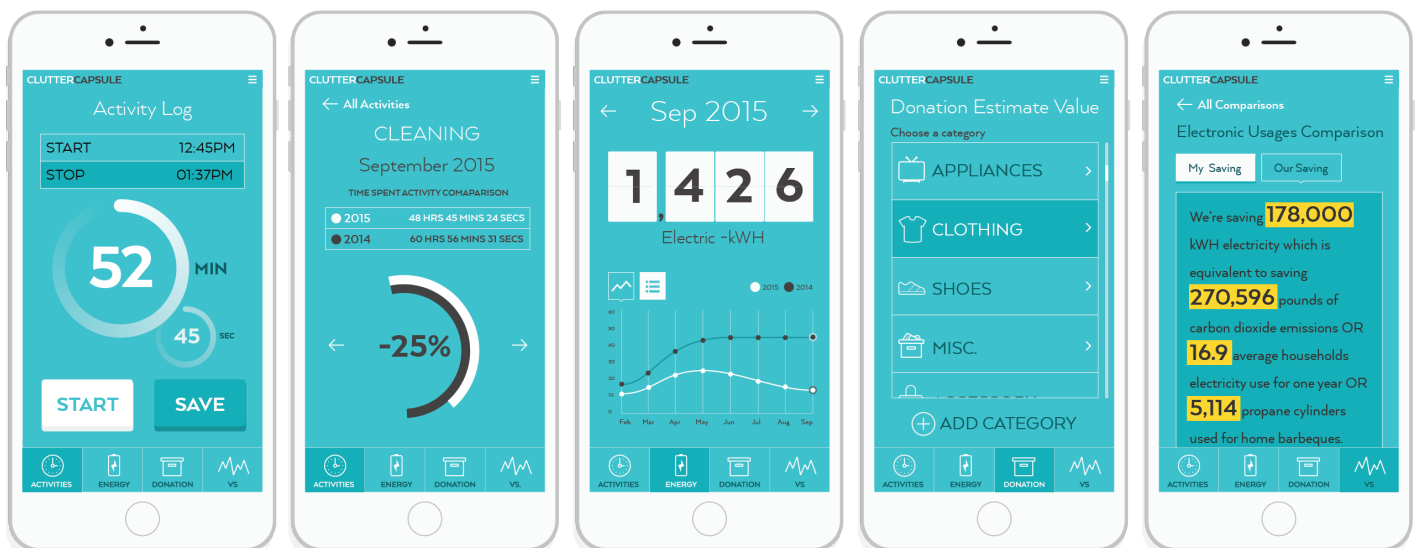
Decluttering is an ongoing process. Because our needs in life are always changing, just because you may use something now, doesn't mean you will next month, or next year.

SMALL STEPS

Going one step forward, I will develop a digital application kit that service to give people a way to track the impacts on their life and eventually make decluttering a part of their life that they will have to continue on. So, users will get motivated continue to declutter and they enjoyed the simple process and learned.

This App allows users to get a snapshot of their daily activity, energy usages and estimate the value of donation. All features are easy comparison of users data and detailed views.

This App kit will provide to clarify the vision we want to have for our home, our time, our energy and our finance. Hope people use this kit to help they find the motivation to get started.



LIVING WITH LESS

Like haiku poetry, living with less seeks to maximize effect through simplicity. It's about letting go, clarity, and liberation. Possessions need to be taken care of— paid for, cleaned, stored, and maintained. The more possessions we have, the more energy, both mental and physical, they will take up. People who have embraced minimalism report a great sense of freedom when they streamline and simplify their lives and possessions. Clutter Capsule goal is eliminating clutter in our life for our better environment and sustainable lifestyle.

The biggest piece of this was learning how declutter effects on my inner state. In

the process, I've learned about holding on, about letting go. Living with less, gives me more of what is priority of my life.

We don't become instantly happy and content by getting rid of our stuff - at least not in the long run. But decluttering is the first step. And Clutter Capsule is a guide that takes people along that important first step of letting go slowly.