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 Experiments like Project 333 and The 100 Thing Challenge are not a struggle for me, they are exciting. While I don't think it's important or necessary to count your stuff or to live with less than a certain number of items, I know that challenges like these allow you to determine what you really need (and don't need) to be happy.
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 As luck would have it, it wasn't long before I stumbled across a book by a man named Dave Bruno titled The 100 Thing Challenge. It was about, go figure, a guy lived with exactly 100 personal items for a year. And he didn't just keep his other stuff in storage—he donated or tossed anything that didn't make the cut.
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 100 Things Challenge: Count everything you own. Donate/Destroy until you get to 100 possessions. STEPS "The first step in crafting the life you want is to get rid of everything you don't."
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