

# GEAR vs STUFF

The concept for Gear Not Stuff is simple.

We live in a world of mass consumerism. It's easier than ever to buy and accumulate lots of stuff.

Stuff is a possession for the sake of it. Stuff adds to a collection of (too many) items. We often buy stuff impulsively as a fix for boredom or stress or to solve a problem we could figure out creatively with another item.

Gear, on the other hand, has a clear purpose of helping us achieve a higher purpose. Gear is a tool we can use to have better experiences that make us healthier and give our lives meaning.

Itemize what you consider your existing Gear below. As you consider new purchases, add those you consider gear to this list. You may find, giving time to reflect, some items will drop (become stuff) and others, you may decide to invest a bit more and purchase a higher quality version than originally planned. The purpose may be health, social, passion, travel, hobby etc).

ITEM	PURPOSE	COST

NOTES:

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