

# Energy Challenge: Do You Really Need It?

By: Sajith

Yesterday, I decided to give up TV. Once asynchronous time started, I read up on each of the energy challenges and chose Do You Really Need It because I thought it seemed interesting. I spent some time researching appliances in the house that used a lot of energy. Most stated that air conditioning and heating use the most but I don't think I would've been allowed to turn off the heating in the house. Electronics also use a lot of energy but I was planning on working on my math homework and my Mona Lisa so I couldn't stop using my devices for the rest of the day because I would be behind the next day. I could've chosen lights as that was my first choice, but I couldn't do that because I wasn't comfortable with doing my business in the dark if you know what I mean. I also would've gotten yelled at for doing stuff such as eating in the dark. The only other thing I could logically choose was to give up the TV. I had to think about it because I like to play video games during the afternoon before getting to work and I had a lot of games to finish. I'm also watching a show that I really like but since I was going to do work for most of the day, I thought that there was no need for the TV and decided to give it up for the rest of the day. The challenge stated to give up something for the school day but I don't need lights for school because I get a lot of natural light and I don't watch TV during the school day. I couldn't give up my laptop because I needed it for school so I had to do the challenge during the regular day. Anyways, I was tempted to watch TV after asynchronous time ended but I decided to just eat lunch in silence. After lunch, I decided to relax for a little and listen to music. Then, I got to work. I finished up my math and got to Mona Lisa quickly. I used my iPad to search up a reference picture to get the right colours for my drawing. Then I spent the next few hours to grab some snacks and colour my drawing. After I felt that I did a sufficient amount of work, I decided to just relax for a little while until my dad came. Then, I had to clean our fish tank and obviously that doesn't require a TV. Then I had dinner and went to bed. Other than being tempted for the first hour or so after school, I didn't really need the TV since I was just doing work. If this was for a week or happened during a PA day or holiday, this would have been really difficult but it wasn't so it wasn't a real challenge. Honestly, I think the only problem I had was that it put me behind when it came to finishing that show. Although, I also had to avoid my parents after around 11 because they were using the TV and I had to stick to the challenge. Other than that, I think I had a great start to the energy challenge and am excited for what's next.