

21

DAY MINIMALISM CHALLENGE

01 CLEAN OUT & PURGE YOUR CLOSET, CONSIDER A CAPSULE WARDROBE

☐

02 CLEAN OUT YOUR HANDBAG, USE A SMALLER ONE

☐

03 CLEAN OUT YOUR FRIDGE

☐

04 PURGE YOUR MAKEUP COLLECTION

☐

05 TURN OFF SOCIAL MEDIA NOTIFICATIONS ON YOUR PHONE

☐

06 DON'T SPEND ANY MONEY FOR FIVE DAYS

☐

07 UNSUBSCRIBE FROM EMAIL NEWSLETTERS YOU NEVER READ

☐

08 RECYCLE ALL YOUR OLD MAGAZINES & NEWSPAPERS, CONSIDER DIGITAL

☐

09 SWITCH TO PAPERLESS BILLING

☐

10 EMPTY YOUR JUNK DRAWER & THEN PRETEND YOU DON'T HAVE ONE

☐

11 DE-CLUTTER YOUR DESK & OFFICE SPACE

☐

12 CLEAN OUT YOUR NIGHT-STAND

☐

13 CLEAN OUT YOUR KITCHEN CUPBOARDS, ONLY KEEP WHAT YOU USE

☐

14 CLEAN OUT YOUR MEDICINE CABINET

☐

15 PURGE OLD & SINGLE SOCKS

☐

16 ORGANIZE YOUR JEWELRY

☐

17 DONATE TEN HOUSEHOLD ITEMS

☐

18 CLEAN OUT YOUR KIDS' TOY BOX, LET THEM CHOOSE FIVE TOYS TO DONATE

☐

19 ORGANIZE, DELETE & BACKUP YOUR DIGITAL FILES

☐

20 CLEAN OUT YOUR EMAIL INBOX, STRIVE FOR INBOX ZERO

☐

21 CLEAN OUT YOUR PANTRY, DONATE FOOD YOU WON'T USE

☐

YOU DON'T NEED MORE SPACE,
YOU NEED **LESS STUFF**