

# 30 Day Minimalism Challenge



- DAY 1 - TOSS OUT OLD SOCKS
- DAY 2 - CLEAN OUT YOUR JUNK DRAWER
- DAY 3 - REMOVE OLD APPS & CONTACTS FROM YOUR PHONE
- DAY 4 - THROW OUT OLD MAKEUP
- DAY 5 - CLEAN OUT YOUR REFRIGERATOR
- DAY 6 - GET RID OF SAVED GREETING CARDS
- DAY 7 - CLEAN OUT YOUR PURSE
- DAY 8 - DONATE OR SELL JEWELRY YOU DON'T WEAR ANYMORE
- DAY 9 - CLEAN OUT YOUR NIGHTSTAND
- DAY 10 - PURGE YOUR WARDROBE
- DAY 11 - REST/MEDITATE/REFLECT/GET INSPIRED
- DAY 12 - DITCH THE STACK OF TAKE-OUT MENUS
- DAY 13 - THROW AWAY CONDIMENT PACKETS
- DAY 14 - DONATE OR THROW AWAY OLD PAINT
- DAY 15 - CLEAN OUT UNDER YOUR BED
- DAY 16 - DONATE OR SELL BOOKS/C.D.'S/D.V.D.'S
- DAY 17 - RECYCLE OLD MAGAZINES AND NEWSPAPERS
- DAY 18 - THROW AWAY ALL APPLIANCE MANUALS
- DAY 19 - REDUCE YOUR COFFEE MUG COLLECTION
- DAY 20 - TIME TO TACKLE THE PANTRY
- DAY 21 - REST/MEDITATE/REFLECT/GET INSPIRED
- DAY 22 - TUPPERWARE WITH MISSING LIDS CAN GO IN THE GARBAGE
- DAY 23 - GO THROUGH YOUR MEDICINE CABINET
- DAY 24 - CLEAN OUT YOUR WALLET
- DAY 25 - SWITCH TO PAPERLESS BILLING
- DAY 26 - UNSUBSCRIBE FROM STORE EMAILS
- DAY 27 - RECYCLE SHOPPING BAGS
- DAY 28 - TOSS OUT GAMES/PUZZLES WITH MISSING PIECES
- DAY 29 - CLEAN OUT YOUR CAR
- DAY 30 - DONATE EXTRA FLOWER VASES