

# The NEW Simplicity Challenge

*31 days to a simplified life*



## DAY 1 OF 31

*Edit your jeans.* Try on every pair of your jeans, one by one. Keep the ones that make you feel good. Donate the rest.

*Give yourself permission* to get rid of the sizes that you “might fit into one day”. Clothes are meant to fit you, you are not meant to fit clothes.

## DAY 2 OF 31

*Go through your bags.*  
Keep your favorite purses,  
totes, and wallets. Donate or  
sell the others.

*Give yourself permission*  
to part ways with something  
you spent a lot of money on  
at one point.

## DAY 3 OF 31

*Tackle your t-shirts.*

Go through the overflowing drawer. Keep the ones that bring you comfort, get rid of any with holes or stains.

*Give yourself permission*  
to get rid of old college shirts or memorable concert tees taking up space.

## DAY 4 OF 31

*Purge your dresses.*

Take inventory of the dresses that make you feel wonderful. Keep those. Anything else can be donated.

*Give yourself permission*

to donate bridesmaid dresses and any dresses you won't wear again. Your "just okay" could be someone else's "wonderful".

## DAY 5 OF 31

*Simplify your shoes.*

Keep your daily, seasonal,  
and event needs. Get rid of any  
that you never grab to wear!

*Give yourself permission*  
to donate shoes that you  
still think are cute but don't  
get enough use out of.

## DAY 6 OF 31

*Clean out your sock drawer.*

Get rid of the single socks  
looking for their match.  
Pitch any with holes.

*Give yourself permission*  
to only own a few pairs of socks!  
The bottom-of-the-drawer socks  
are not getting worn anyway.

## DAY 7 OF 31

*Focus on underwear.*

Throw out what's not working anymore. Replace with the correct size and style. Don't overbuy if you regularly wash and wear.

*Give yourself permission*  
to spend money on you.  
You deserve to be  
comfortable everyday.



## DAY 8 OF 31

*Organize your accessories.*

Minimize your collection of sunglasses, jewelry, belts, and scarves. Keep the special pieces somewhere safe.

*Give yourself permission*

to keep only the things that make you happy right now. Don't worry about saving things that may come back in style one day!

## DAY 9 OF 31

*Go through your bed linens.*  
You only need two sheet sets  
per bed. One to use and  
one to wash.

*Give yourself permission*  
to donate the blankets at  
the bottom of the basket that  
no one reaches for!

## DAY 10 OF 31

*Pare down your towels.*

Get rid of the dingy towels you avoid. Pitch any with stains or smells.

*Give yourself permission*

to replace the towels you received off your wedding registry.

## DAY 11 OF 31

*Edit your holiday decor.*

Only keep what you use to decorate this year. If you don't love it or have a space for it, then set it aside to donate.

*Give yourself permission*

to donate the decor you no longer feel excited about. Decorating is supposed to bring you joy, not stress.

## DAY 12 OF 31

*Organize the tupperware.*

If she's missing a lid, she needs to go. Pitch anything with cracks or stains.

*Give yourself permission*  
to only keep a few pieces of tupperware. A full cabinet might be unnecessary for your household.

## DAY 13 OF 31

*Edit your kitchen drawers.*

Donate anything you have duplicates of, you're not using, or needs to be replaced. One ice cream scoop, one pizza cutter, and one set of measuring cups is enough!

*Give yourself permission*

to donate the mismatched pieces of silverware if they're getting in your way.

## DAY 14 OF 31

*Declutter your drinkware.*

If it's missing a lid/straw or is cracked, it's time to part ways. You don't need 100 cups in your rotation!

*Give yourself permission to get rid of water bottles you once loved! Only keep the ones you reach for regularly.*

## DAY 15 OF 31

*Go through your cookware.*  
If you've never used a  
certain pot or pan, get rid of it.

*Give yourself permission*  
to use your favorites — and only  
your favorites. It's okay if you don't  
need every size skillet! Make your  
kitchen work for you.



## DAY 16 OF 31

*Rethink your appliances.*

If you don't use the item regularly, relocate it in your home until it's needed. If you don't use it at all, donate it or give to a friend who would enjoy it.

*Give yourself permission*

to not use, own, or love the hot item everyone is raving about.

The collection of airfryers, crockpots, mixers, and blenders can clutter up your kitchen!

## DAY 17 OF 31

*Purge the pantry.*

Check expiration dates on everything. Vacuum the crumbs. Group similar items together for a quicker ingredient search.

*Give yourself permission*

to donate the box of snacks no one is touching. Take whatever isn't being eaten (that's unopened and not expired) to your local food pantry.

## DAY 18 OF 31

*Clean out the fridge and freezer.*

Organize the items in a way that works for your household.

Throw out anything expired — take some extra time looking at those condiments.

*Give yourself permission*

to pitch the bag of chicken that's been in your freezer for two years.

If you know you really won't eat it, clear it out!

## DAY 19 OF 31

*Go through your cleaning products.*

Keep the few products that make your home feel clean. Throw away old and dried out items. Distribute your remaining favorites to different areas of your home you clean often, like bathrooms.

*Give yourself permission*  
to get rid of a product you didn't like  
or can't stand the scent of.

## DAY 20 OF 31

*Purge your bathroom cabinets.*  
Clean out expired things in your  
cabinets like lotions or makeup.  
Pitch all of the cosmetic samples you  
think you *\*might\** use some day.

*Give yourself permission*  
to trim things down!  
You don't need an entire  
salon in your shower.  
Keep your tried and true!

## DAY 21 OF 31

*Declutter your hair accessories.*

Toss any ponytail holders that are too stretched out, bobby pins that are bent, or hair products that are dried out.

*Give yourself permission*

to get rid of that headband that you just don't love on you. If it doesn't make you feel beautiful, make room for something else.

## DAY 22 OF 31

*Tackle the medicine cabinet.*  
Properly dispose of expired medication. Get rid of anything that doesn't have a label anymore.

*Give yourself permission*  
to clear the cabinet of prescriptions you no longer need.

DAY 23 OF 31

### *Clear out the car.*

Bring a trash bag out to the car with you and get rid of anything that doesn't make sense. Vacuum up the crumbs and give everything a wipe down.

*Give yourself permission* to keep only what you need and use in your car. A joyride is more fun in a tidy ride.



DAY 24 OF 31

*Cleanse your social feeds.*

Take inventory of who you follow on social media and why. Be honest with yourself. If they don't educate, inspire, or fuel you, remove them from your feed.

*Give yourself permission*  
to mute or unfollow someone  
for any reason. Yes, even if  
you know them in real life.

## DAY 25 OF 31

*Organize your cords.*

Walk your house and grab every single random cord. Add a label so you know what it goes to. Put them all in one box or drawer.

*Give yourself permission*  
to throw away any duplicate cords or ones that no longer have a purpose.

## DAY 26 OF 31

*Spruce up your books.*

Give your books a dusting and a special spot. Donate any that you won't re-read or recommend.

*Give yourself permission*  
to choose how books make  
you feel. If a stack of books  
overwhelms you, donate them.  
If a home library brings you joy,  
let them live in your space.

## DAY 27 OF 31

*Un-junk the junk drawer.*

Pull everything out. If it has a home somewhere else, put it there.  
If it's trash, put it there.

*Give yourself permission*  
to be ruthless. Release the  
junk from your life.

DAY 28 OF 31

*Attack the pet stuff.*

Wash their bedding, go through toys,  
and throw away any that are torn.

*Give yourself permission*  
to keep only the essentials!  
Your pet doesn't need the  
newest and greatest to  
have the best life ever.

## DAY 29 OF 31

*Declutter the garage.*

Tidy up! Throw away the things that no longer work. Donate the toys, tools, and equipment that no longer get used or have a purpose.

*Give yourself permission* to throw away a half-finished project! Don't let your garage become the go-to home for the things you don't know what to do with.

DAY 30 OF 31

## *Routines.*

Take note of how you feel in a decluttered space. Apply it to other areas of your life.

Implement routines to maintain a simplified space and schedule.

*Give yourself permission* to declutter your schedule.

Explore ways to remove or edit an optional task if it's bringing too much pressure and stress.

DAY 31 OF 31

*Rest.*

You did it! Sit down and enjoy  
your simplified spaces.

*Give yourself permission*  
to be proud of all the hard  
work you've accomplished  
this month.



**1: Edit your jeans.** Try on every pair of your jeans, one by one. Keep the ones that make you feel good. Donate the rest.

**2: Go through your bags.** Keep your favorite purses, totes, and wallets. Donate or sell the others.

**3: Tackle your t-shirts.** Go through the overflowing drawer. Keep the ones that bring you comfort, get rid of any with holes or stains.

**4: Purge your dresses.** Take inventory of the dresses that make you feel wonderful. Keep those. Anything else can be donated.

**5: Simplify your shoes.** Keep your daily, seasonal, and event needs. Get rid of any that you never grab to wear!

**6: Clean out your sock drawer.** Get rid of the single socks looking for their match. Pitch any with holes.

**7: Focus on underwear.** Throw out what's not working anymore. Replace with the correct size and style. Don't overbuy if you regularly wash and wear.

**8: Organize your accessories.** Minimize your collection of sunglasses, jewelry, belts, and scarves. Keep the special pieces somewhere safe.

**9: Go through your bed linens.** You only need two sheet sets per bed. One to use and one to wash.

**10: Pare down your towels.** Get rid of the dingy towels you avoid. Pitch any with stains or smells.

**11: Edit your holiday decor.** Only keep what you use to decorate this year. If you don't love it or have a space for it, then set it aside to donate.

**12: Organize the tupperware.** If she's missing a lid, she needs to go. Pitch anything with cracks or stains.

**13: Edit your kitchen drawers.** Donate anything you have duplicates of, you're not using, or needs to be replaced. One ice cream scoop, one pizza cutter, and one set of measuring cups is enough!

**14: Declutter your drinkware.** If it's missing a lid / straw or is cracked, it's time to part ways. You don't need 100 cups in your rotation!

**15: Go through your cookwear.** If you've never used a certain pot or pan, get rid of it.

**16: Rethink your appliances.** If you don't use the item regularly, relocate it in your home until it's needed. If you don't use it at all, donate it or give to a friend who would enjoy it.

**17: Purge the pantry.** Check expiration dates on everything. Vacuum the crumbs. Group similar items together for a quicker ingredient search.

**18: Clean out the fridge and freezer.** Organize the items in a way that works for your household. Throw out anything expired — take some extra time looking at those condiments.

**19: Go through your cleaning products.** Keep the few products that make your home feel clean. Throw away old and dried-out items. Distribute your remaining favorites to different areas of your home you clean often, like bathrooms.

**20: Purge your bathroom cabinets.** Clean out expired things in your cabinets like lotions or makeup. Pitch all of the cosmetic samples you think you \*might\* use some day.

**21: Declutter your hair accessories.** Toss any ponytail holders that are too stretched out, bobby pins that are bent, or hair products that are dried out.

**22: Tackle the medicine cabinet.** Properly dispose of expired medication. Get rid of anything that doesn't have a label anymore.

**23: Clear out the car.** Bring a trash bag out to the car with you and get rid of anything that doesn't make sense. Vacuum up the crumbs and give everything a wipedown.

**24: Cleanse your social feeds.** Take inventory of who you follow on social media and why. Be honest with yourself. If they don't educate, inspire, or fuel you, remove them from your feed.

**25: Organize your cords.** Walk your house and grab every single random cord. Add a label so you know what it goes to. Put them all in one box or drawer.

**26: Spruce up your books.** Give your books a dusting and a special spot. Donate any that you won't re-read or recommend.

**27: Un-junk the junk drawer.** Pull everything out. If it has a home somewhere else, put it there. If it's trash, put it there.

**28: Attack the pet stuff.** Wash their bedding, go through toys, and throw away any that are torn.

**29: Declutter your garage.** Tidy up! Throw away the things that no longer work. Donate the toys, tools, and equipment that no longer get used or have a purpose.

**30: Routines.** Take note of how you feel in a decluttered space. Apply it to other areas of your life. Implement routines to maintain a simplified space and schedule.

**31: Rest.** You did it! Sit down and enjoy your simplified spaces.