









DAY 1 of 30

Walk your home with a trash bag or five. Be ruthless. Papers. Receipts. Tags. Empty Bottles. Go.

DAY 2 of **30**

Clean out your fridge. Check expiration dates and throw things away.

DAY 3 of **30**

Put two things that make you happy on your bedside table. You should also have a lamp and a clock.

DAY 4 of 30

Simplify your phone. Delete old contacts and unused apps. Refresh your lock screen.

DAY 5 of **30**

Make a list of anything that needs restocking in your bathroom. Restock if possible or add to your next grocery list.

DAY 6 of **30**

Make a list of staples that need restocking in your pantry. Restock if possible or add to your next grocery list.







DAY 7 of **30**

Walk your house with a donate bag. Schedule a pick-up or drop it off as soon as the bag is full.

DAY 8 of **30**

Start the habit of throwing a small load of laundry in every morning.

DAY 9 of 30

Set a recurring alarm for every weekday. If you're letting your kids wake you, set it for one hour earlier.

DAY 10 of **30**

Clean the trash out of your car. Papers. Straws. Receipts. Look under those seats.

DAY 11 of 30

Create a perpetual birthday list of friends you'd like to reach out to on their special day. You can refer to this list year after year.

DAY 12 of 30

Put your number on the Do Not Call list.

Call 1.888.382.1222







DAY 13 of **30**

Do something with all those precious photos and videos on your phone. Print. Back-up. Store.

DAY 14 of 30

Dump out your purse. Throw away trash.

Create a little bag of essentials. Make your bag work for you.

DAY 15 of **30**

Pull out all the formal dresses in your closet that you'll never wear again and donate to charity.

DAY 16 of **30**

Clean out your medicine cabinet. Trash anything expired. Restock essentials.

DAY 17 of **30**

Quit something today. Just say no.

DAY 18 of **30**

Write out three simple dinners that you can make with the ingredients already in your pantry.







DAY 19 of 30

Detox your social media feeds. Follow inspirational accounts. Unfollow anyone draining.

DAY 20 of 30

Clean off your desk. Keep only the essentials including your computer. Ditch clutter and wipe it down.

DAY 21 of 30

Clear the clutter on your computer. Delete unused files and organize important ones. Empty the trash.

DAY 22 of 30

Take inventory of the mail coming to your mailbox. Visit directmail.com to remove your name from lists.

DAY 23 of 30

Write your morning checklist and tape it to your bathroom mirror.

DAY 24 of 30

Make a list of ten go-to meals. Tape it to the fridge for simple meal planning.







DAY 25 of 30

Schedule a vacation or stay-cation for some time this year.

DAY 26 of **30**

Write down one goal for this year. Just one. Tape it somewhere important so you see it every day.

DAY 27 of 30

Organize your inbox. Search the word "unsubscribe" and remove yourself from non-essential lists.

DAY 28 of 30

Create your own weekly prep-list with tasks that make you feel prepared for the week ahead.

DAY 29 of **30**

Stock up on household items you use frequently. Pay attention to BOGO sales. Make a list of these.

DAY 30 of **30**

Rest. Schedule 30 minutes alone once a week. You give away what you put in. Take care of yourself.

The SIMPLICITY CHALLENGE

0	DAY 1 Walk your home with a trash bag.	0	DAY 16 Clean out your medicine cabinet.
0	DAY 2 Clean out your fridge.	0	DAY 17 Quit something today. Just say no.
0	DAY 3 Put two things that make you happy on your bedside table.	0	DAY 18 Write out three simple dinners that you can make with the ingredients already in your
\bigcirc	DAY 4 Simplify your phone.		pantry.
0	DAY 5 Make a list of anything that needs	0	DAY 19 Detox your social media feeds.
	restocking in your bathroom.	0	DAY 20 Clean off your desk.
0	DAY 6 Make a list of staples that need restocking in your pantry.	0	DAY 21 Clear the clutter on your computer.
		\bigcirc	DAY 22 Take inventory of the mail coming to
0	DAY 7 Walk your house with a donate bag.		your mailbox. Visit directmail.com to remove
\bigcirc	DAY 8 Start the habit of throwing a small load		your name from lists.
	of laundry in every morning.	0	DAY 23 Write your morning checklist and tape
\bigcirc	DAY 9 Set a recurring alarm for every weekday.		it to your bathroom mirror.
0	DAY 10 Clean the trash out of your car.	0	DAY 24 Make a list of ten go-to meals.
0	DAY 11 Create a perpetual birthday list.	0	DAY 25 Schedule a vacation or stay-cation for some time this year.
0	DAY 12 Put your number on the Do Not Call list.	0	DAY 26 Write down one goal for this year.
0	DAY 13 Do something with all those precious photos and videos on your phone.	0	DAY 27 Organize your inbox.
0	DAY 14 Dump out your purse. Throw away trash. Create a little bag of essentials.	0	DAY 28 Create a weekly prep-list with tasks that make you feel prepared for the week.
0	DAY 15 Pull out all the formal dresses in your closet that you'll never wear again and donate	0	DAY 29 Stock up on household items you use frequently.
	to charity.	\bigcirc	DAY 30 Rest.