

# 30 Day Minimalism Challenge

A mix of daily to-do and/or questions to ponder for the next 30 days to lead to a less stressful, more streamlined life.

- 1 Clean out your closet! A good question to ask yourself is, "If I saw this at a store today, would I buy it?" If you're really honest here, you can clear a lot of clutter.
- 2 Audit your phone contacts. Delete old numbers. Add anyone important you may be missing.
- 3 Clean out your car today. Remove all trash, wipe it down, vacuum. Get in the habit of cleaning out your car whenever you stop for gas.
- 4 Clean up your email subscriptions! We love the app Unroll.me that allows you to quickly swipe right or left on an email subscription to keep it or unsubscribe.
- 5 Clear the clutter on your computer. Delete old/duplicate files (apps like CleanMyMac can help with this.) Organize your folders for easier navigation.
- 6 Detox your social media feeds. Unfollow anything that drains you or makes you feel "less than."
- 7 Do your mailbox and the environment a favor. Visit [www.optoutprescreen.com](http://www.optoutprescreen.com) to unsubscribe from unsolicited junk mail.
- 8 Take inventory of mail you did opt into that doesn't serve you anymore. Google how to be removed from the mailing list for the same reasons as above.
- 9 Everyone has to do lists, but what about "to be" lists? Write down a list of adjectives describing who you want to BE. Start showing up as that person to your daily to-dos.
- 10 Experiencing awe (the feeling of being in the presence of something bigger than you) can improve your physical health, and make you feel more altruistic. Intentionally create awe today by spending time in nature, meditating, volunteering, etc.
- 11 Give your brain space and time to be more creative. Take a long walk, listen to music, and/or meditate today. You may surprise yourself with what comes up in a more relaxed, unplugged headspace.
- 12 Go through your old books. If it didn't mean something significant to you, or it's not something you would want to read again, donate it to a local library for others to enjoy.
- 13 Make a recipe binder of your easiest, healthiest go-to recipes. Add the ingredients to your weekly shopping list to streamline your meal planning.
- 14 Make lists of the moments in your life that you are most grateful for, the people you love the most, the best places you've visited, the best foods you've ever eaten - anything that makes you smile. Keep these in a place where you can reflect on them and add to them often.
- 15 Organize and back up the photos on your phone/computer! External hard drives are a great option.
- 16 Organize bathroom closets/medicine cabinets today. Trash and recycle expired medicines and vitamins. Re-stock basics.
- 17 Organize your work and personal email folders. Create time saving smart filters (in settings) whenever possible (ex. "If subject contains X, send to this folder.")
- 18 Practice "protecting your yeses." Cancel an upcoming plan that has been stressing you out. Reallocate that time to "filling your cup" and doing something that makes you happy.
- 19 Go through your phone and find a recent photo that brings you a lot of joy. Order a print of it to frame in a place you will see it often.
- 20 Organize your phone. Delete apps you don't use. Organize the folders by type. Choose a minimal wallpaper. Make sure your home screen is especially minimal and organized.
- 21 Search for joy in ordinary moments today. Stuck in a traffic jam? Be thankful for a new podcast that you can listen to, or the nice weather. Start a joy/gratitude journal and or scrapbook of anything that brings you joy/happiness.
- 22 Set screen time limits to avoid wasting your days away on social media or games. You can do this on iPhones under Settings > Screen Time. There are also many apps that alert you when you're using your phone a lot.
- 23 Hot tip: the grocery delivery app InstaCart lets you order from Costco or BJs without a membership! Stock up on everyday items you always need (toilet paper, paper towels, detergent, etc.) in bulk from there to save yourself time and money.
- 24 Really think about your daily/weekly/monthly tasks. What do you love to do? What do you never want to do again? How can you outsource, delegate, or just say no to items in the 2nd list to make more time for the first?
- 25 Try a free phone app like Photo Cleaner or Smart Cleaner to help you quickly identify duplicate/similar photos on your phone and/or computer and only keep the favorites. Quickly clear up valuable storage space.
- 26 Try making a "not to-do" list. Jot down a list of things that didn't serve you (binge watching/scrolling) and keep it in a place where you will see it from time to time to remind you.
- 27 Audit your phone notifications. You really don't need much except for calls and texts! Do this under Settings > Notifications.
- 28 Create a morning routine and/or some morning affirmations that make you feel great. Tape these to your bathroom mirror or somewhere you will see them daily.
- 29 Look for a sale and stock up on common cards for birthdays, weddings, baby showers, etc. These are helpful to have in a pinch, and save you from having to run out and spend \$8 on one last minute.
- 30 Create a weekly prep list with things you can start doing every Sunday to help you streamline your week.