

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