30 Days To Minimalism

Category: Clothing

☐ Day 1: Bags | purses | wallets
- Dump it all out on a table and start fresh.
- Tip: try getting in the habit of clearing it at least once a week.

☐ Day 2: Clothes
- Tip: I like to use Marie Kondo's method of cleaning per category. For example, start with shirts first, then pants, then dresses, etc.
- Pull them out from all possible locations: whether hung or folded.
- Create your yes, no and maybe pile. Donate the no pile.
- Tip: tuck away the maybe pile for 2 - 6 months. If you haven't needed to retrieve anything after that time, it may mean you don't need it in the end.

☐ Day 3: Undergarments
- Underwear, boxers, briefs, bras, socks that are uncomfortable or worn out.

☐ Day 4: Shoes
- Uncomfortable, worn out, or unused because it simply isn't your style.

☐ Day 5: Beauty products
- Makeup, perfume, hair products, skin products, nail polish, worn out hair ties and useless hair clips or bobby pins.
- Remember: your skin and body deserve the best! Only use the items you love.

☐ Day 6: Accessories
- Broken watches, broken belts, earrings missing a pair, broken sunglasses.

Category: Office & Media Supplies

☐ Day 7: Magazines | manuals
- Or other unused booklets/papers laying around the house.
- Tip: most of these things can be found online.

☐ Day 8: Notebooks | textbooks
- Unused or out-of-date

☐ Day 9: CDs | DVDs | books
- Items that are unused or no longer sparking joy.

☐ Day 10: Old/unused electronics
- This includes old or unused cables as well
- Remember: recycle responsibly if you can't sell or donate it.

☐ Day 11: Receipts | bills | documents
- Tip: an expanding file folder can really help to keep the necessary documents more organized.

☐ Day 12: Stationery supplies
- From all over the house: removing dried out pens, compiling loose paper clips, and donating excess supplies.
# Category: General Household Items

- **Day 13: Linens | towels**
  - Worn out sheets, pillow cases, towels or washcloths
  - **Tip:** consider re-using by cutting them up into rags to use for future cleaning.

- **Day 14: Cleaning products**
  - **Tip:** consider using more natural cleaning products such as a simple baking soda, vinegar and water solution, or some all-purposed (vegan) castile soap and water solution.

- **Day 15: The junk drawer**
  - Find the items a home to avoid future pile-ups in this area.

- **Day 16: Tops of shelves & dressers**
  - A quick sweep to remove any lingering or unnecessary items on the top of furniture pieces or shelves around the home.

- **Day 17: Furniture**
  - Items that are useless, broken, or don't bring joy.
  - **Tip:** look at your space with fresh eyes. If the item serves no practical purpose, ask yourself, "If it was my first time seeing this item, would I love it? Would I buy it?"

# Category: Kitchen Items

- **Day 18: Fridge | freezer**
  - Clearing out items that are old, unused, rotting, expired or that you don't enjoy eating.

- **Day 19: Pantry**
  - Same as above.
  - **Tip:** storing items in clear, up-cycled glass jars keep the contents visible and make it easier to keep organized.

- **Day 20: Kitchen cabinets**
  - For the chipped or broken items, smelly plastic containers, containers without lids or excess dishes, cups or utensils.

# Category: Phone & Computer

- **Day 21: Apps**
  - Delete unused ones.

- **Day 22: Stored media**
  - Clearing out unnecessary pictures, videos and messages stored in our phones.
  - **Tip:** back up the ones you want to keep.

- **Day 23: Email inbox**
  - Sifting through and deleting unnecessary emails.
  - **Tip:** create folders for the items to you need to keep. It makes it easier to find in the future and makes it easier to keep the inbox clean.

- **Day 24: Subscriptions**
  - Unsubscribing from mailing services or email lists that don't serve you.
Category: Personal & Miscellaneous

- **Day 25: Photos**
  - Blurry photos or the ones present in multiples.
  - Both in hard-copy and digital forms.

- **Day 26: Hobby supplies**
  - Ridding of the items that are no longer useful (e.g., dried out paint).

- **Day 27: Sentimental items**
  - Gifts, souvenirs, stuffed animals, collectables.
  - **Tip**: hold the item in your hand and ask yourself, “Does this item spark joy?” If not, consider donating so it can spark joy for someone else.

- **Day 28: Holiday decorations**
  - Broken, unused or unloved Christmas, Halloween or Thanksgiving decos.

- **Day 29: The car**
  - The glove compartment, the trunk, giving it a wipe down and sweep.

- **Day 30: The mind**
  - Taking a day for yourself. Welcoming only things that add to a calm space of mind. Doing something relaxing and enjoyable. You deserve it!

Personalized Categories & Items

- **Day ___:**
- **Day ___:**
- **Day ___:**
- **Day ___:**
- **Day ___:**
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- **Day ___:**
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