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 (eg. newspapers).
  - *Remember:* most of these things can be found online.

- **Day 8:** Notebooks | Textbooks
  - Unused or out-of-date; removing unneeded pages in notebooks.
  - *Remember:* most of these things can be found online.

- **Day 9:** CDs | DVDs | Books
  - Items that are unused or no longer sparking joy.
  - *Remember:* most of these things can be found online.

- **Day 10:** Old/Unused Electronics
  - This includes old or unused cables as well!
  - *Remember:* to 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:** Stationary Supplies
  - From all over the house: removing dried out pens, compiling loose paper clips, and donating excess supplies.
### Category: General Household Items

<table>
<thead>
<tr>
<th>Day</th>
<th>Task</th>
<th>Notes</th>
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<tbody>
<tr>
<td>DAY 13: Linens &amp; Towels</td>
<td>Worn out sheets, pillow cases, towels or wash cloths. <strong>Tip:</strong> consider re-using by cutting them up into rags to use for future cleaning.</td>
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<td>DAY 14: Cleaning Products</td>
<td><strong>Tip:</strong> consider using more natural cleaning products such as a simple baking soda, vinegar and water solution, or some all-purpose (vegan) castile soap and water solution.</td>
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<td>DAY 15: The Junk Drawer</td>
<td>Find the items a home to avoid future pile-ups in this area.</td>
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<td>DAY 16: Tops of Shelves &amp; Dressers</td>
<td>A quick sweep to remove any lingering or unnecessary items on the top of furniture pieces or shelves around the home.</td>
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<td>DAY 17: Furniture</td>
<td>Items that are useless, broken, or don’t bring joy. <strong>Tip:</strong> 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?”</td>
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### Category: Kitchen Items

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<tr>
<th>Day</th>
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<tr>
<td>DAY 18: Fridge</td>
<td>Clearing out items that are old, unused, rotting, expired or that you don’t enjoy eating.</td>
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<td>DAY 19: Pantry</td>
<td>Same as above. <strong>Tip:</strong> storing items in clear, up-cycled glass jars keep the contents visible and make it easier to keep organized.</td>
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<tr>
<td>DAY 20: Kitchen Cabinets</td>
<td>For the chipped or broken items, smelly plastic containers, containers without lids or excess dishes, cups or utensils.</td>
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### Category: Phone & Computer

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<tr>
<td>DAY 21: Apps</td>
<td>Deleting unused ones.</td>
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<td>DAY 22: Stored Media</td>
<td>Clearing out unnecessary pictures, videos and messages stored in our phones. <strong>Tip:</strong> back up the ones you want to keep.</td>
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<td>DAY 23: Email Inbox</td>
<td>Sifting through and deleting unnecessary emails. <strong>Tip:</strong> 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.</td>
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<td>DAY 24: Subscriptions</td>
<td>Unsubscribing from mailing services or email lists that don’t serve you.</td>
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**Category: Personal & Miscellaneous**

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<th>Day</th>
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<tr>
<td>25</td>
<td>Photos</td>
<td>Blur photos or the ones present in multiples. <strong>Both in hard-copy and digital forms.</strong></td>
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<td>26</td>
<td>Hobby Supplies</td>
<td>Ridding the items that are no longer useful (eg. dried out paint).</td>
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<td>27</td>
<td>Sentimental Items</td>
<td>Gifts, souvenirs, stuffed animals, collectables. <strong>Tip:</strong> 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.</td>
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<td>28</td>
<td>Holiday Decorations</td>
<td>Broken, unused or unloved Christmas, Halloween or Thanksgiving decos.</td>
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<td>29</td>
<td>The Car</td>
<td>The glove compartment, the trunk, giving it a wipe down and sweep.</td>
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<td>30</td>
<td>The Mind</td>
<td>Taking a day for yourself. Welcoming only things that add to a calm space of mind. Doing something relaxing and enjoyable. You deserve it!</td>
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**Personalized Categories & Items**

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“I make myself rich by making my wants few.”

~Henry David Thoreau