

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- ▶ Unused or out-of-date; removing unneeded pages in notebooks.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

☐ DAY 13: Linens & Towels

- ▶ Worn out sheets, pillow cases, towels or wash cloths.
- ▶ **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-purpose (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

- ▶ Deleting 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

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| <input type="checkbox"/> DAY 25: Photos | <ul style="list-style-type: none">▶ Blurry photos or the ones present in multiples.▶ Both in hard-copy and digital forms. |
| <input type="checkbox"/> DAY 26: Hobby Supplies | <ul style="list-style-type: none">▶ Ridding of the items that are no longer useful (eg. dried out paint). |
| <input type="checkbox"/> DAY 27: Sentimental Items | <ul style="list-style-type: none">▶ 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. |
| <input type="checkbox"/> DAY 28: Holiday Decorations | <ul style="list-style-type: none">▶ Broken, unused or unloved Christmas, Halloween or Thanksgiving decos. |
| <input type="checkbox"/> DAY 29: The Car | <ul style="list-style-type: none">▶ The glove compartment, the trunk, giving it a wipe down and sweep. |
| <input type="checkbox"/> DAY 30: The Mind | <ul style="list-style-type: none">▶ 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

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"I make myself rich by making my wants few."

~Henry David Thoreau

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