

# 21 DAY MINIMALISM CHALLENGE

01 CLEAN OUT & PURGE YOUR CLOSET, CONSIDER A CAPSULE WARDROBE

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02 CLEAN OUT YOUR HANDBAG, USE A SMALLER ONE

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03 CLEAN OUT YOUR FRIDGE

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04 PURGE YOUR MAKEUP COLLECTION

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05 TURN OFF SOCIAL MEDIA NOTIFICATIONS ON YOUR PHONE

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06 DON'T SPEND ANY MONEY FOR FIVE DAYS

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07 UNSUBSCRIBE FROM EMAIL NEWSLETTERS YOU NEVER READ

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08 RECYCLE ALL YOUR OLD MAGAZINES & NEWSPAPERS, CONSIDER DIGITAL

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09 SWITCH TO PAPERLESS BILLING

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10 EMPTY YOUR JUNK DRAWER & THEN PRETEND YOU DON'T HAVE ONE

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11 DE-CLUTTER YOUR DESK & OFFICE SPACE

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12 CLEAN OUT YOUR NIGHT-STAND

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13 CLEAN OUT YOUR KITCHEN CUPBOARDS, ONLY KEEP WHAT YOU USE

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14 CLEAN OUT YOUR MEDICINE CABINET

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15 PURGE OLD & SINGLE SOCKS

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16 ORGANIZE YOUR JEWELRY

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17 DONATE TEN HOUSEHOLD ITEMS

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18 CLEAN OUT YOUR KIDS' TOY BOX, LET THEM CHOOSE FIVE TOYS TO DONATE

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19 ORGANIZE, DELETE & BACKUP YOUR DIGITAL FILES

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20 CLEAN OUT YOUR EMAIL INBOX, STRIVE FOR INBOX ZERO

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21 CLEAN OUT YOUR PANTRY, DONATE FOOD YOU WON'T USE

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YOU DON'T NEED MORE SPACE,  
YOU NEED **LESS STUFF**