30 Days To Minimalism
### 30 Days to Minimalism

*Getting rid of things can be a daunting and overwhelming experience. Make it just a little bit easier by breaking it down into smaller, more achievable steps. Chipping away at it slowly is better than not at all.*

**Category: clothing**

<table>
<thead>
<tr>
<th>Day 1: bags</th>
<th>purses</th>
<th>wallets</th>
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<tbody>
<tr>
<td>Dump it all out on a table and start fresh.</td>
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<tr>
<td><strong>Tip:</strong> try getting in the habit of clearing it at least once a week.</td>
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<table>
<thead>
<tr>
<th>Day 2: clothes</th>
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<tbody>
<tr>
<td><strong>Tip:</strong> I like to use <a href="#">Marie Kondo’s method</a> of cleaning per category. For example, start with shirts first, then pants, then dresses, etc.</td>
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<tr>
<td>Pull them out from all possible locations: whether hung or folded.</td>
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<tr>
<td>Create your yes, no and maybe pile. Donate the no pile.</td>
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<tr>
<td><strong>Tip:</strong> 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.</td>
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<thead>
<tr>
<th>Day 3: undergarments</th>
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<tbody>
<tr>
<td>Underwear, boxers, briefs, bras, socks that are uncomfortable or worn out.</td>
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<thead>
<tr>
<th>Day 4: shoes</th>
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<tbody>
<tr>
<td>Uncomfortable, worn out, or unused because it simply isn’t your style.</td>
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<tr>
<th>Day 5: personal products</th>
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<tbody>
<tr>
<td>Makeup, perfume, hair products, skin products, nail polish, worn out hair ties and useless hair clips or bobby pins.</td>
</tr>
<tr>
<td><strong>Remember:</strong> your skin and body deserve the best! Only use the items you love.</td>
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<tr>
<th>Day 6: accessories</th>
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<tbody>
<tr>
<td>Broken watches, broken belts, earrings missing a pair, broken sunglasses.</td>
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</table>
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-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
  - 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: e-mail inbox
  - Sifting through and deleting unnecessary emails.
  - Tip: create folders for the items 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 decorations.

- **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 __:**
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- **Day __:**
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