

28 DAY MINIMALISM CHALLENGE

WEEK 1

- Monday: Sort clothes into keep, sell and donate piles then donate and sell the ones that didn't make the cut.
- Tuesday: Sort and donate or recycle electronics, cords, DVDs, etc. Remember "maybe someday" usually means never.
- Wednesday: Declutter your kitchen and get rid of duplicates and things you never use.
- Thursday: Declutter your bathroom. Throw away expired beauty products and things that never get used. Clean out all the drawers and shelves.
- Friday: Pamper yourself! Use up some of those samples you found in your bathroom. Not every minimalism goal has to be work! :)

WEEK 2

- Monday: Clean out your pantry and work on a meal plan to use up the food you already have on hand.
- Tuesday: Sort books and sell or donate the ones you don't need. Most books are available online or at the library, so only keep ones that are special to you.
- Wednesday: Tackle your paper clutter. Throw away things that are online and file the things you need to keep.
- Thursday: Choose another closet to clean out. Another bedroom closet or utility closet maybe?
- Friday: Repurpose something fun!

WEEK 3

- Monday: Choose another closet or space. Maybe a basement closet or one in a kid's room?
- Tuesday: Clear out the junk drawers. Consider throwing everything in them away or finding a specific home for each item.
- Wednesday: Take care of an unfinished home project you've been putting off.
- Thursday: Clean up your email and unsubscribe from junk mail. Digital clutter is just as stressful as physical clutter.
- Friday: Visit local recycling center to turn in household items your trash/recycling service won't pick up.

WEEK 4

- Monday: Gather baskets from around your home or purchase organizers with money from items sold throughout the month.
- Tuesday: Organize cleaning products. Separate products by the rooms they're used in.
- Wednesday: Organize bedroom closets with your bins, etc. Categorize like items and label bins so everything is easy to find.
- Thursday: Pick a space in your home that still needs some extra attention.
- Friday: Reflect on your progress and how you want to move forward to maintain this new lifestyle!