

Minimalist Challenge

1. Empty your purse and only fill it with the essentials.
2. write down 20 essential clothing items to own.
3. Turn off notifications on your phone.
4. Sort through your inbox until it's empty.
5. Organize your linen closet.
6. Leave a whole day unplanned.
7. Clean out your bathroom - get rid of un-used makeup, skin/hair care products
8. Unsubscribe from e-mail marketing.
9. de-clutter your workspace.
10. Sort through your bedroom closet and get rid of any clothes you haven't worn in 6 months. Think minimal closet - 20 item per season!
11. Sort through your DVD collection.
12. Deep clean your fridge and freezer. Check expiration dates and throw things away.
13. Organize and eliminate tupperware and mismatched dishes and coffee mugs.
14. de-clutter your office/workspace
15. Get rid of candles with little to no wax left. (i'm telling you, I had like 12!)
16. Browse through your friends lists on social media and delete people you are no longer in contact with.
17. Clean out and organize your front closet.
18. de-clutter and organize your toy room, donating what is no longer played with.
19. Get rid of old books and magazines. (even the kids collection!)
20. Set goals for next 6 months.