

31 DAYS OF EASY MINIMALISM

				1 Start or refine a morning routine.
2 Meditate for 15-20 minutes.	3 Remove five items from a closet or storage space.	4 Delete 20 photos from your phone, computer, or social media.	5 Evaluate your last 5 purchases.	6 Attempt a zero-waste day.
7 Unsubscribe from 10 email lists.	8 Do something involving skin care.	9 Write a list of your goals for next 1-3 months.	10 Don't buy anything for 24 hours.	11 Remove 5 unwanted kitchen items.
12 Write down 3 things you are grateful for.	13 Say "no" to something.	14 Pay a little extra towards a bill or savings.	15 Go screen-free after 7:00 PM.	16 Restore or fix an item that you refuse to let go of.
17 Sleep in or take a nap.	18 Delete 5 contacts from your phone or social media.	19 Write down 3 things you want to change in your life.	20 Remove 5 items from your bedroom.	21 Leave a whole day unplanned.
22 Clean out a junk drawer.	23 Journal your thoughts for 15 minutes.	24 Remove 5 items from your bathroom.	25 Let go of a goal.	26 Spend 30 minutes outside.
27 Remove 5 items from any room or space of your choice.	28 Read a book or an article for one hour.	29 Clean out your refrigerator or pantry.	30 Wash your sheets and pillow cases.	31 Start or refine a night time routine.