

# The 28 Day Minimalism Challenge

Happy February! It's the shortest month of the year but that doesn't mean that you can't get a lot done. This is a great 28 day minimalist challenge for anyone who is wanting a less cluttered home.



- 1** PURGE YOUR CLOSET - Donate or throw out anything you have worn, is older, or doesn't fit anymore (clothes, shoes, bags, etc.)
- 2** CLEAN OUT YOUR PURSE
- 3** SORT OUT AND THROW OUT OLD SOCKS AND UNDERWEAR
- 4** CLEAN OUT AND ORGANIZED YOUR JUNK DRAWERS
- 5** CLEAN OUT AND DONATE OR THROW OUT OLD KITCHEN GADGET
- 6** CLEAN OUT AND ORGANIZE ALL KITCHEN CABINETS (throw out things left over from parties, old Tupperware, broken cups and dishes, etc.)
- 7** DON'T BUY ANY NEW PURCHASES FOR ONE MONTH
- 8** CLEAN OUT YOUR EMAIL AND UNSUBSCRIBE FROM EMAILS YOU DON'T WANT
- 9** CLEAN OUT YOUR MAKEUP DRAWER
- 10** DECLUTTER AROUND YOUR HOME AND THROW OUT RANDOM KNICK KNACKS AROUND YOUR HOME
- 11** DECLUTTER YOUR PHONE APPS
- 12** DONATE OLD BOOKS
- 13** CLEAN OUT YOUR FRIDGE AND YOUR PANTRY
- 14** THROW OUT OLD CONDIMENTS, SPICES, TAKEAWAY PACKETS, ETC
- 15** CLEAN OUT YOUR MEDICINE CABINET - throw out expired medications
- 16** ORGANIZE AND DELETE OLD PHOTOS ON YOUR PHONE
- 17** ORGANIZE AND SHREAD OLD DOCUMENTS

- ☐ 18 THROW OUT OLD TOILETRIES AND PERFUMES
- ☐ 19 CLEAN OUT ALL DRAWERS AROUND YOUR HOUSE
- ☐ 20 ORGANIZE YOUR FRONT CLOSET
- ☐ 21 DONATE OR THROW OUT OLD COATS, GLOVES, AND SCARVES
- ☐ 22 SORT THROUGH YOUR JEWELRY, DONATE OR SELL WHAT YOUR DON'T WEAR
- ☐ 23 ORGANIZE AND THROW OUT WHAT YOU NO LONGER NEED IN YOUR STORAGE
- ☐ 24 THROW OUT ANYTHING AROUND YOUR HOME THAT IS BROKEN
- ☐ 25 THROW OUT OLD TOWELS AND LINENS
- ☐ 26 DONATE OLD CD'S AND MOVIES
- ☐ 27 THROW OUT OLD PAPERS, CARDS, AND RECEIPTS AROUND THE HOUSE
- ☐ 28 CLEAN OUT AND DETAIL YOUR CAR

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