

30 Day Simplicity Challenge

<p>Day 1 Declutter your living space. Walk through your home with a trash bag or five.</p>	<p>Day 2 Tidy up your refrigerator.</p>	<p>Day 3 Simplify your nightstand by minimizing items.</p>	<p>Day 4 Streamline your smartphone. Remove old contacts and unused apps.</p>	<p>Day 5 Replenish necessary items in your bathroom.</p>	<p>Day 6 Conduct a home sweep for items to donate.</p>	<p>Day 7 Establish a daily laundry routine by doing a small load each morning.</p>
<p>Day 8 Set a recurring weekday alarm to wake up an hour earlier than your children.</p>	<p>Day 9 Fuel up your car and take a moment to clean it.</p>	<p>Day 10 Purchase a few birthday cards to have on hand.</p>	<p>Day 11 Register your phone number on the Do Not Call list (1-888-382-1222).</p>	<p>Day 12 Print and backup your cherished photos and videos from your phone.</p>	<p>Day 13 Clean out your handbag and assemble a small essentials pouch.</p>	<p>Day 14 Organize your medicine cabinet, disposing of duplicates and old products.</p>
<p>Day 15 Sort through your formal dresses and consider donating them.</p>	<p>Day 16 Dedicate 10 minutes to stillness and relaxation today.</p>	<p>Day 17 Practice saying "no" and quit something today.</p>	<p>Day 18 Create a list of three simple pantry-based dinner recipes.</p>	<p>Day 19 Detox your social media feeds by unfollowing or muting.</p>	<p>Day 20 Declutter your workspace, keeping only essential items.</p>	<p>Day 21 Tackle digital clutter by organizing and deleting files on your computer.</p>
<p>Day 22 Review your snail mail and reduce junk mail through Catalogchoice.org or Directmail.com.</p>	<p>Day 23 Draft morning and evening checklists and place them where you'll see them.</p>	<p>Day 24 Compile a list of 10 easy go-to meals and post it on your fridge.</p>	<p>Day 25 Plan a getaway for the upcoming year, whether a vacation or staycation.</p>	<p>Day 26 Write down one goal for the year and tape it to your bathroom mirror.</p>	<p>Day 27 Organize your email inbox using unroll.me or similar tools.</p>	<p>Day 28 Create a Sunday prep-list to prepare for the week ahead.</p>
<p>Day 29 Stock up on essential household items.</p>	<p>Day 30 Prioritize self-care by scheduling 30 minutes of alone time once a week for the next four weeks.</p>					