

30 DAYS

MINIMALISM

1. Clean out your wardrobe
2. Plan and follow a morning ritual
3. Don't buy anything for 24 hours
4. Sort out your phone clutter
5. Kitchen cupboard detox
6. Theme your home
7. Tackle your junk drawer
8. Get on top of your inbox
9. Take a room, and clear the walls and surfaces
10. Remove your notification settings
11. Sort your desk and draws
12. Google yourself and remove your footprint
13. Set goals for the year
14. Don't say you're busy for two weeks
15. Try Yoga or meditating
16. Assess your DVD's and media
17. Unfollow and organise socially
18. Plan your weeks meals, and make a list
19. Write down your main priorities
20. Go bare-faced
21. Turn off digitally for a day
22. Take a box around the house and declutter
23. Take that box again and really try to remove
24. Go for a walk to somewhere new
25. Read all evening
26. Establish a cleaning schedule - 20 minute bursts each evening
27. Set your alarm 30 minutes earlier
28. Clear out your laptop or tablet
29. Meat-free cookery day
30. Book that dream adventure