

# 30-Day Minimalism Challenge

**1**

Stay offline for 1 day

**11**

Evaluate your commitments

**21**

Journal for 20 minutes

**2**

Meditate for 15 minutes

**12**

Define your goals for this year

**22**

Create a relaxing bedtime routine

**3**

Declutter your digital life

**13**

Clean out your closet

**23**

Go bare-faced

**4**

Don't complain for 1 day

**14**

Take a step towards learning a new skill

**24**

Practice gratitude

**5**

Identify your 3-6 main priorities

**15**

Examine your daily habits

**25**

Leave a whole day unplanned

**6**

Follow a morning ritual

**16**

Don't buy anything for 24 hours

**26**

Identify your stress triggers

**7**

Streamline your reading list

**17**

Practice single-tasking

**27**

Clear out your junk drawer

**8**

Learn to enjoy solitude

**18**

Unfollow and unfriend

**28**

Let go of a goal

**9**

Downsize your beauty collection

**19**

Go for a walk and practice mindfulness

**29**

Turn off notifications

**10**

No email or social media before lunch

**20**

No TV all day, read instead

**30**

Evaluate your last 5 purchases