



30 DAYS OF LESS

less stuff, less clutter,
less stress.

Declutter your space...

- 1) CLOTHES Anything that you haven't worn in at least 1 year because it doesn't fit, it's not comfortable, it's not your style anymore and/or it's damaged and cannot be fixed
- 2) UNDERGARMENTS Bras, boxers, undies, socks etc. that don't fit, are uncomfortable or worn out.
- 3) ACCESSORIES & JEWELRY Hats, sunglasses, belts, scarves, watches, necklaces, rings etc. that are damaged/worn out/broken or simply you no longer wear, mismatched earrings etc.
- 4) SHOES Uncomfortable, worn out (that cannot be repaired) or unused
- 5) BAGS Purses, travel bags, wallets, pouches etc.
→ when tackling this category, clean out and reorganize your day bag as well and check it on a regular basis to keep it clutter free!
- 6) BOOKS Anything that you've read but it's not an absolute favorite and/or that you've never read but kept anyways (paper or digital form)
- 7) MAGAZINES & NEWSPAPERS Same as above
- 8) PAPERS, RECEIPTS, DOCUMENTS Anything that it's not important or you don't need to keep anymore
→ go through them periodically to make sure that you don't accumulate unnecessary papers
→ use a filing system to keep things organized
- 9) ELECTRONICS, CHARGERS & CHORDS All devices that don't work, their related chargers and chords as well as those that you no longer use or know what they're for
→ recycle these properly if you can't sell or donate them!!
- 10) DESK/NIGHTSTAND DRAWERS → Empty everything out and reorganize them

- 11) STATIONERY & NOTEBOOKS → collect everything that belongs to this category from all over the house, so it will be easier for you to realize how much you own
- 12) KITCHEN UTENSILS & APPLIANCES → Keep only the things that you use to cook on a regular basis
- 13) PANTRY, FRIDGE, FREEZER Expired or gone bad goods, food that you don't enjoy
→ donate what's still edible and compost what's compostable (if possible)
- 14) VARIOUS HOUSEHOLD SUPPLIES/APPLIANCES Medicines, bed linens, towels, pillows, blankets, tools, furniture, car, etc.
→ feel free to use this category as you please
- 15) CLEANING SUPPLIES → Use non toxic products that can be multipurpose
- 16) TOILETRIES & BEAUTY PRODUCTS Skincare products, shower products, make up, hair products etc. that you don't use or don't work well for you
→ you don't need much to look good! ☺ Keep only what you love using and works for you
- 17) JUNK DRAWER → Try to assign its content to any of the above categories to avoid excess clutter in the future
- 18) PERSONAL KEEPSAKES & HOBBY ITEMS Things that no longer spark joy or no longer make you happy

...and declutter your mind

- 19) COMPUTER Clean up your desktop, declutter and organize all the folders
- 20) APPS Everything on your phone/tablet that you don't use or need anymore
- 21) CONTACTS, ACCOUNTS, EMAILS, SUBSCRIPTIONS Everything that no longer serves a purpose
- 22) PHOTOS ON YOUR PHONE Go through the entire photo gallery on your phone and delete the ones that are not important. Make a backup of the ones who are.
- 23) TODAY'S SCHEDULE Clean out your schedule for the day or let go of at least 1 thing from your to-do list
- 24) DON'T BUY ANYTHING TODAY Avoid any unnecessary purchases by not spending any money

- 25) STAY OFFLINE Disconnect for the entire day
- 26) GRATITUDE Write down at least 5 things you are grateful for
- 27) MEDITATION Meditate for at least 15 minutes or do some deep and mindful breathing. Relax and unwind
- 28) MINDFUL SPENDING Make a thorough evaluation of your spending habits and see if there's something that you can do without or do better at
- 29) ME TIME Enjoy some time for yourself to de-stress
- 30) NATURE Spend some time outside in nature to recharge and feel refreshed and energized

Some useful tips:

1. TAKE YOUR TIME
2. DONATE AS MUCH AS POSSIBLE
3. DON'T GIVE UP
4. DO IT YOUR WAY
5. DON'T FOCUS ON NUMBERS

Notes
