

DECLUTTER YOUR HOME & MIND

31 Days of Making Space

- 1 Make a list of your top 3 priorities for the month
- 2 Do an activity you love today
- 3 Watch less TV
- 4 Write 3-5 things you are grateful for today
- 5 Delete old emails & unsubscribe
- 6 Pick one drawer to clean out
- 7 Limit social media intake this weekend
- 8 Drink plenty of water
- 9 Clean out/ vacuum the car
- 10 Find 5 items in your kitchen to donate or toss
- 11 Delete phone apps you no longer use
- 12 Toss expired medicine, cosmetics, or toiletries
- 13 Go through your closet
- 14 Find a few minutes to just clear your mind
- 15 Recycle or shred old office papers
- 16 Toss freezer items past their prime
- 17 Delete photos you don't need from your phone
- 18 Let go of negative thoughts today
- 19 Donate books to the library
- 20 Toss broken & donate unused toys
- 21 Store seasonal items or clothing
- 22 Let go of a few things you no longer enjoy
- 23 Unplug and have a digital-free day
- 24 Make or eat a meal that brings you joy
- 25 Put on your favorite music and clean the kitchen
- 26 Try releasing your thoughts or worries in writing
- 27 Take time to just recharge and relax
- 28 Make a to do list and tackle one thing at a time
- 29 Give yourself time to problem solve worries
- 30 Go for a walk and let nature clear your mind
- 31 Set and prioritize time for next month's goals