

# 30-day minimalism challenge

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1

Stay offline for one day

2

Meditate for fifteen minutes

3

Declutter your digital life

4

No-complaint day

5

Identify your 3 to 6 main priorities

6

Follow a morning ritual

7

Streamline your reading list

8

Learn to enjoy solitude

9

Downsize your beauty collection

10

No email or social media until lunch

11

Evaluate your commitments

12

Define your goals for this year

13

Clean out your closet

14

Take a step towards learning a new skill

15

Examine your daily habits

16

Don't buy anything for 24 hours

17

Practice single-tasking

18

Unfollow and unfriend

19

Go for a walk and practice mindfulness

20

No TV all day, read instead

21

Journal for twenty minutes

22

Create a relaxing bedtime routine

23

Go bare-faced

24

Practice gratitude

25

Leave a whole day unplanned

26

Identify your stress triggers

27

Clear out your junk drawer

28

Let go of a goal

29

Turn off notifications

30

Evaluate your last five purchases