DAY 1  Eliminate trash. Walk your home with a trash bag or five.
DAY 2  Clean out your fridge.
DAY 3  Minimize items on your bedside table.
DAY 4  Simplify your phone. Delete old contacts & unused apps.
DAY 5  Restock anything that needs restocking in your bathroom.
DAY 6  Walk your house with a donate bag.
DAY 7  Start throwing a small load of laundry in every morning.
DAY 8  Set a recurring alarm for every weekday. Rise 1 hr. earlier than
        your kids.
DAY 9  Put gas in your car today and while you're there, clean out your car.
DAY 10 Buy a few birthday cards to keep on hand.
DAY 11 Put your number on the Do Not Call list. Call 1.888.382.1222
DAY 12 Print and back-up all those precious photos & videos on your
        phone.
DAY 13 Clean out your purse and create a little bag of essentials.
DAY 14 Clean out your medicine cabinet. Trash duplicates and old
        products.
DAY 15 Pull out all your old formal dresses and donate them.
DAY 16 Do nothing. Today is your day to be still for 10 min. You deserve it.
DAY 17 Quit something today. Just say no.
DAY 18 Write out 3 simple dinners you can make w/ what's in your pantry.
DAY 19 Detox your social media feeds.
DAY 20 Clean off your desk. Keep only the essentials.
DAY 21 Clear the clutter on your computer. Delete, organize and empty
        the trash.
DAY 22 Take inventory of your snail mail. Visit Catalogchoice.org or
        Directmail.com
DAY 23 Write a morning and evening checklist. Place them somewhere
        you'll see.
DAY 24 List out 10 easy go-to meals. Tape it to the fridge for simple meal
        planning.
DAY 25 Schedule a getaway for sometime next year. A vacation or
        stay-cation.
DAY 26 Write down 1 goal for this year. Tape it to your bathroom mirror.
DAY 27 Organize your inbox. Use unroll.me.
DAY 28 Create your own Sunday prep-list. What prepares you for the
        week ahead?
DAY 29 Stock up on the household items you use all the time.
DAY 30 Rest. Schedule 30 minutes of alone time 1x a week for the next
        four weeks.