

# How to become a minimalist in 30 DAYS



Day 1

Declutter  
Closet

Day 2

Declutter  
Shoes

Day 3

Declutter Work Desk  
Throw all  
unnecessary items

Day 4

Declutter  
Livingroom

Day 5

Discard non-  
basic  
undergarments

Day 6

Declutter Your  
Email  
Leave other social  
media platforms

Day 7

Declutter  
Accessories

Day 8

Declutter  
Kitchen

Day 9

Declutter  
Bathroom

Day 10

Don't bring your  
phone on the  
table at lunch

Day 11

Create a standard checklist  
toiletries and other  
refillable items and follow  
only that each time you  
shop

Day 12

Discard old  
and unused  
electronics

Day 13

Do not upgrade  
your phone for at  
least 2 years

Day 14

Create a  
Morning  
Routine

Day 15

Exercise

Day 16

Declutter  
Garage

Day 17

Declutter  
Your Car

Day 18

Declutter  
Your Bag

Day 19

Cancel  
Unnecessary  
Subscriptions

Day 20

Unfollow Toxic  
People on Social  
Media

Day 21

Create a Budget Plan  
and Debt Payment  
System (if you have  
debts)

Day 22

Declutter  
Hobby  
Supplies

Day 23

Declutter all  
drawers

Day 24

Declutter  
Bedroom

Day 25

Screens off at  
9pm

Day 26

Schedule Dates and  
Leisure Meetings one  
week at a time

Day 27

Learn to do 5  
or 10-minute  
healthy meals

Day 28

Declutter  
Phone

Day 29

Organize  
Fridge/  
Freezer

Day 30

Be self aware of  
procrastination  
and get rid of  
unproductive  
habits



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