

The Style Insider

30 DAYS TO MINIMALISM

CLOTHING

- 
- Day 1** Bags/Wallets
 - Pull everything out of your handbag and wallet and clear out anything you no longer need or use.
 - Day 2** Underwear
 - If they don't fit you well or are uncomfortable they need to go.
 - Day 3** Shoes
 - Try them on and ask yourself if you love them and if you will actually wear them..
 - Day 4** Accessories
 - Earrings sunglasses, watches and jewellery that are not being worn deserve a home where they will be.
 - Day 5-7** Clothing
 - Clothing usually takes the longest time to declutter as we often find ourselves emotionally attached to our clothes. But take your time and create three piles: a yes, no and a maybe pile. The no pile can be donated immediately the maybe can be stored away for a few months and reconsidered at a later date and the yes can be placed back in your closet.

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BEAUTY

Day 8

Makeup

- We often have more makeup than we need so be ruthless and only keep what you truly love.

Day 9

Skincare

- Keep only what you use and what hasn't expired.

Day 10

Haircare

- If you tend to buy products you rarely use then gift them to a friend before they expire.

KITCHEN

Day 11

Fridge

- Clear out items that are unused, expired or that you don't actually like eating.

Day 12

Pantry

- Clear out anything expired and up-cycle old jars for storage.

Day 13-15

Cabinets

- This is the perfect time to donate items you no longer use or dispose of items that are chipped. This task can be a biggie so take the time to re-order everything.

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HOUSEHOLD

- Day 16** Linen
 - Worn sheets and towels can be cut into squares and used as cleaning rags.
- Day 17** Cleaning products
 - You may have doubles which you can consolidate and consider creating a cleaning caddy with all of your products in the one place.
- Day 18** Junk drawer
 - We all have at least one so now is the time to sort it out once and for all.

OFFICE

- Day 19** Manuals
 - Recycle manuals - everything is available online now.
- Day 20** Magazines
 - Tear out pages you need for recipes or inspo and recycle the rest.
- Day 21** DVDs/Books
 - If they don't spark joy they're just collecting dust. Besides they're all online now anyway.
- Day 22** Stationary
 - Store all stationary in one place and dispose of any supplies that are broken.

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PHONE & COMPUTER

- Day 23** Apps
 - Delete any unused apps and photos that are simply sucking your storage.
- Day 24** Email
 - Delete all unnecessary emails and don't forget to delete emails from your trash folder too.
- Day 25** Computer
 - Search for large files on your computer hard drive and delete any you don't need.

MISCELLANEOUS

- Day 26** The car
 - Clear out the glove box and the compartments in your car.
- Day 27** Sentimental items
 - If these items don't spark joy then it may be time to move them on.
- Day 28** Electronics
 - Old phones, chargers, cameras and gear that is no longer in use.
- Day 29** Hobby items
 - Time to sort out your sporting/hobby equipment.
- Day 30** Fine tune
 - Use today to fine tune any areas of your home that need a little extra decluttering.