

30 Days Of Minimalism: A Day By Day Guide To Achieve The Art Of Modern Happiness

PICK UP LIMES

30 Days to Minimalism

CATEGORY: CLOTHING

- DAY 1:** Bags | Purses | Wallets
 - Dump it all out and start fresh.
 - **Tip:** try getting in the habit of clearing it at least once a week.
- DAY 2:** Clothes
 - **Tip:** I like to use Marie Kondo's method of cleaning per category. For example, start with shirts first, then pants, then dresses, etc.
 - Pull them out from all possible locations: whether hung or folded.
 - Create your yes, no and maybe pile. Donate the no pile.
 - **Tip:** tuck away the maybe pile for 2-6 months. If you haven't needed to retrieve anything after that time, it may mean you don't need it in the end.
- DAY 3:** Undergarments
 - Undewear, boxers, briefs, bras, socks that are uncomfortable or worn out.
- DAY 4:** Shoes
 - Uncomfortable, worn out, or unused because it simply isn't your style.
- DAY 5:** Beauty Products
 - Makeup, perfume, hair products, skin products, nail polish, worn out hair ties and useless hair clips or bobby pins.
 - **Remember:** your skin and body deserve the best! Only use the items you love.
- DAY 6:** Accessories
 - Broken watches, broken belts, earrings missing a pair, broken sunglasses.

CATEGORY: OFFICE & MEDIA SUPPLIES

- DAY 7:** Magazines | Manuals
 - Or other unused booklets/papers laying around the house (eg. newspapers).
 - **Remember:** most of these things can be found online.
- DAY 8:** Notebooks | Textbooks
 - Unused or out-of-date; removing unneeded pages in notebooks.
- DAY 9:** CDs | DVDs | Books
 - Items that are unused or no longer sparking joy.
- DAY 10:** Old/Unused Electronics
 - **Remember:** to recycle responsibly if you can't sell or donate it.
- DAY 11:** Receipts | Bills | Documents
 - **Tip:** an expanding file folder can really help to keep the necessary documents more organized.
- DAY 12:** Stationary Supplies
 - From all over the house: removing dried out pens, compiling loose paper clips, and donating excess supplies.

Welcome to a transformative journey that will lead you to embrace the art of modern happiness through minimalism. Are you ready to declutter your life, both physically and mentally? With our 30-day guide, you will learn step by step how to

incorporate minimalism into your daily routine and experience the positive impact it has on your well-being.

Day 1: The Power of Intention

Today, take a moment to reflect on your intentions and set clear goals for this 30-day minimalist challenge. What do you hope to achieve? Write down your thoughts in a journal or create a vision board to keep you focused and motivated throughout this journey.



The Packing Party: Become a Minimalist in a Month: 30 Days of Minimalism. A Day by Day Guide to Achieve the Art of Modern Happiness in

Life by Allison Moir-Smith (Kindle Edition)

★★★★☆ 4.1 out of 5

Language : English

File size : 1757 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 97 pages

Lending : Enabled



30 DAY minimalism CHALLENGE

1. Purge your wardrobe
2. Clean your handbag
3. Toss out old socks
4. Get rid of digital devices
5. Empty your wallet
6. Write down your friend's best qualities
7. Write down your best qualities
8. Journal for 20 minutes
9. Donate old books
10. Ditch make-up for a day
11. Meditate on your day
12. Spend time with loved ones
13. Make a gratitude log
14. Evaluate your last five purchases
15. Stay offline for a day
16. Don't spend any money for 24 hours
17. Don't complain all day
18. Go out without your phone
19. Venture outdoors
20. Create a relaxing space
21. Re-evaluate your to-do list
22. Declutter your storage
23. Empty your junk drawer
24. Turn off notifications
25. Batch cook your meals
26. Get all of your errands done
27. Eliminate a toxic relationship
28. Clear out your make-up collection
29. Say no to something
30. Repurge your wardrobe

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Day 2: Declutter Your Physical Space

Start by decluttering a small area, such as your desk or a specific drawer.

Remove any unnecessary items and only keep what brings you joy or serves a purpose. As you witness the transformation of your physical space, you will begin to feel a sense of calm and clarity.

Day 3: Digital Detox

In this digital age, it's essential to declutter not only your physical space but also your virtual world. Unsubscribe from newsletters you no longer read, delete unused apps, and organize your files and folders. By cleaning up your digital presence, you can reduce distractions and focus on what truly matters.

Day 4: Practice Mindful Consumption

Today, pay attention to your shopping habits. Before making a purchase, ask yourself if you really need the item or if it will truly enhance your life. By becoming a mindful consumer, you will avoid impulse buying and unnecessary accumulation of belongings.

Day 5: Create a Capsule Wardrobe

Simplify your closet by curating a capsule wardrobe. Choose versatile pieces that can be mixed and matched, eliminating the need for excessive clothing. By focusing on quality and versatility, you will create a stress-free and minimalist approach to dressing.

Day 6: Let Go of Sentimental Clutter

Today, tackle sentimental items that you've been holding onto. Decide what truly holds value and brings you joy and let go of the rest. Remember, it's the memories and experiences that matter, not the physical objects.

Day 7: Practice Gratitude

Cultivate a grateful mindset by starting a gratitude journal. Each day, write down three things you are grateful for. This simple practice will shift your focus to appreciate what you already have, fostering contentment and happiness.

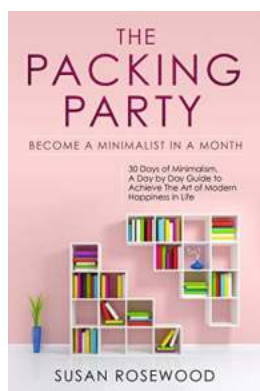
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Day 30: Embrace the Art of Modern Happiness

Congratulations! You have completed the 30-day minimalism challenge. Take a moment to reflect on all the positive changes you have experienced throughout this journey. Embrace the art of modern happiness by continuing to live with intention, surround yourself with what truly matters, and enjoy a life free from unnecessary burden.

By following this 30-day guide, you have taken a significant step towards achieving the art of modern happiness through minimalism. This intentional and mindful approach will not only transform your physical space but also bring a sense of clarity and contentment to your mind and soul.

Remember, minimalism is an ongoing process, and it's important to make it a part of your lifestyle. Embrace the freedom and happiness that minimalism brings, and continue to live a more intentional and fulfilling life.



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Discover how to become a minimalist within 30 days.

Did you know that:

- The average person spends \$2,700 a year on buying nonessential items in the U.S.
- The average woman will spend around \$125,000 on clothes and accessories in a lifetime
- The number of years most women will spend shopping over their lifetime is eight

What would you do if you had those extra eight years?

Just think of a rolex that won't give you more time. Still people are working their ass off to effort this expensive watch. Ask yourself: Is that watch worth 10 000\$ of your freedom?

How many items do you own you have never touched in a year? Think about the five different cook books in your kitchen filled with the promise to discover a new recepies each day. How many of those have you ever cooked?

...now you might think...

..but how do you get started...

This is a creative day by day guide into your minimalism journey. The author, minimalist expert, Susan talks about her personal reasons why she choose to become a minimalist and based on the idea of „what I wish I knew before starting minimalism“ she came up with 30 creative ways to declutter all areas of your life.

Susan knows “one size does not fit all”: What works for somebody else might not work for you.

Therefore each day is different covering a huge variety of minimalism tricks.

You can become a minimalist within 30 days spending less than 15 minutes a day. Read one short chapter a day and fulfill one of Susan’s inspiring minimalism tasks to clear up the chaos in your life.

We all enjoy the idea of living a simplified, uncluttered life with less to clean, less debt, less to organize, less stress, more money and energy for things we like.

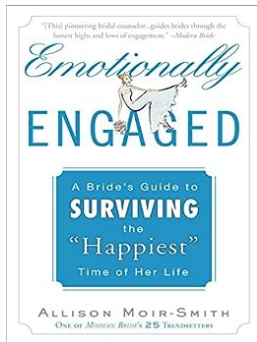
In “The Packing Party: Become a Minimalist in a Month” you discover:

- Creative ways of decluttering that will save you time, money and energy
- How to save \$ 1000 a month without giving up what makes you happy
- How to lead a life of adventure, meaning and purpose
- How to make inexpensive but yet meaningful gifts that your friends will never forget
- How minimalism leads to kindness and creates a positive social environment
- How to find quality above quantity, giving each item you love a home and letting go of things that no longer serve you
- How to make minimalism work for you even if you are living in a big family household with kids
- The same strategies famous Minimalist Courtney Carver used to Declutter your home and live

...and much more...

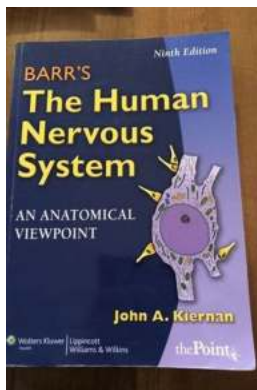
Combine creativity and decluttering and become a minimalist.

Scroll up, click add to cart and start your 30 day journey.



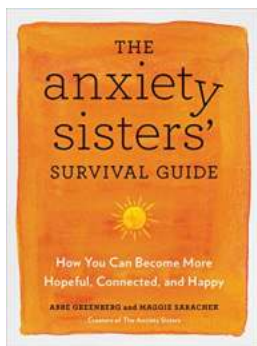
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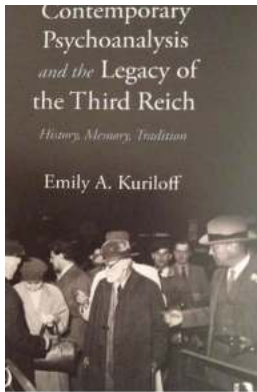
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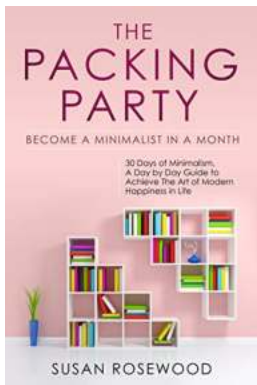
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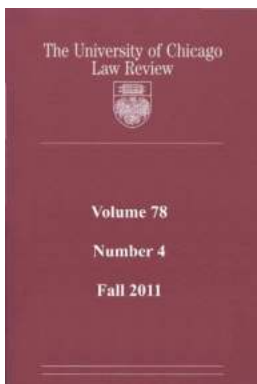
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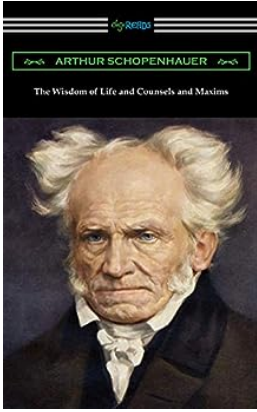
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