

2020 January

A month to clear out the clutter...

JUST *breathe*

1  Every day, for the next month, choose one thing that doesn't truly bring you joy and throw it away or put it in a "donate" pile.

2 No new year's resolutions. Instead, today write down ONE intention you have for your life.
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3 Today, wake up 10 minutes earlier than usual and spend 10 minutes just focusing on your breath.
breathe

4 Did you have Christmas decorations that you didn't use this year? Consider tossing them or donating them. Simplify decorating for next year.

5 Be PRESENT today.
Notice things.
Be here now.

6  This week, each day, spend just 10 minutes clearing out emails that have no use.

7 Take a 10-minute nature walk.


8 Put something smart on your smartphone... purchase a subscription to the *Calm* app.

9  Go through all your coffee mugs and toss the ones you never use... keep the ones with special meaning.

10  Take a full moon bath.
Walk slowly and deliberately in the moonlight. Look to the moon on your way.

11  Dance to one song today.

12 Read "Walden" by Thoreau

13  Pay all bills via online banking. If already doing that, request e-bills to every payment you can.

14 Clean out your purse. Carry ONLY the essentials.


15  Spend 15 minutes a day, for the next 10 days, deleting photos on your phone that you will never need again.

16 Spend 2 minutes visualizing simplicity today. Maybe visualize your bedroom with little or nothing on the dresser.

17 Know that junk drawer in your kitchen that holds everything in case you'll ever need it? Toss EVERYTHING in the trash.
(Don't look, just toss!)

18 If shopping this weekend, before you buy, ask yourself two questions:
Do I really need it?
and/or
Will it bring me joy?

19 Do you dread Monday on Sunday? Think of one simple thing you can do to start creating the life you want... let's love Monday.

20  Go through all your pencil cups at home and at work and throw out everything but 3-4 pens and pencils and scissors.

21  Do one simple act of kindness today. Go through a drive-through and pay for the person's coffee behind you.

22 Say "NO!" today.
If you have too many commitments, just say "no" to one of them.

23 Choose to say goodbye to anyone who is toxic in your life.

24  Today is the new moon. Celebrate by doing something new and simple, that you've never, ever done!

25  Scan all important papers and save them digitally.
(Start with baby steps.)

26  Go through your pantry and kitchen and toss or donate all those things you know you'll never eat.

27 Declutter your desk. Place files you need away. Place joyful things on your desk in their place.

28  Take all those books you've read — or will never read — and donate to a charity.

29 Single Task!
Commit to one day without multitasking

30  Try one day... just ONE day... without social media!

31 Take all the things you put in your "donate" pile throughout the month to a local place that can use them.

Simplify Your Life for the New Decade!
Give Yourself Some Breathing Space