

CHALLENGE ONE

Let's Get Physical

THE ART OF LETTING GO

Get rid of...

- clothing items you haven't worn in the past year
- clothing items that don't fit properly
- uncomfortable shoes
- mismatching socks
- books you won't read ever again
- paper - paid bills, old receipts, statements
- Tupperware/takeout containers
- excess office and craft supplies
- expired/old cosmetics
- pictures and wall hangings that don't bring you joy when you look at them

Tips for keeping your physical space clear

1. Go paperless with all of your bills and statements - You can complete this process in under 10 minutes!
2. Don't save plastic takeout containers - They harbor bacteria anyway! Instead, opt for a Pyrex set. It will take up less room and containers will be easier to clean.
3. Turn all the hangers in your closet backwards. Once you wear an item, return its hanger to the normal position. At the end of the year, donate the items that are still hanging backwards because you clearly don't like them.
4. Unless it's a picture book, or a book you'll be taking notes in, purchase e-books. There's also this magical place called the library!
5. Think before you buy. Ask yourself these questions: *Do I really need this? Do I really love this?*

Days

Today I am 5 items lighter

Day 1



Day 2



Day 3



Day 4



Today I am 25 items lighter

Day 5



I feel _____

“Just because something belongs to you doesn't mean you should keep it for the rest of your life. Things are meant to be transitory.”

SUSAN WRIGHT