

*emily lightly*

# 30 Day Simple Living Challenge

Declutter your home, life,  
& mind one day at a time

EMILYLIGHTLY.COM

Hi there!

I am so happy that you've decided to take this 30-day simple living challenge with me. Trust me, it's going to change your life!

Before we jump in, let me tell you a quick story. Up until recently, my life felt like it was anything but simple. I was working a 9-5 job that in reality was more of an 8-6. I was overworked and overstressed. Every day I would come home too exhausted to do anything for myself, like exercise, cook healthy meals, or cultivate a hobby. I was making a big paycheck, but to fill the void, I was spending almost all of my money on things (like clothes, makeup, and gadgets) that I thought would make me happier and keep my dissatisfaction with my day-to-day at bay.

Then I discovered minimalism and simple living, and over the course of about a year, it completely changed my life. I started feeling less stressed, felt less compelled to buy new things all the time, and felt like I had so much more time and purpose to my life. I started by cleaning out my wardrobe, and selling or donating my old clothes. It felt so good to be making a bit of money on the side, and making others happy too!

I told a friend about it, and they soon became so into simple living as well. Seeing how much it improved their life made me feel better than ever before, because I had helped someone be happier. It was then that I realized that all along, I'd been developing a strong passion for simple living, and it was what I wanted to do full-time.

So, I quit my job and began devoting my time 100% to helping others live a more simple and fulfilling life. I love living simply, and I can guarantee that after this 30-day challenge, you will never want to go back to your hectic, stressful, cluttered life and mind again!

This challenge is meant to show you how easy it is to live simply. You might not want or be able to make big changes like I did, and that's okay. But by building habits every day to make your life simpler, you'll look back on your month after the challenge and realize how those small changes and habits can have an enormous, and positive, impact on your life. Here are just some of the amazing benefits you can expect from living more simply:

- Saving money (and even making money by re-selling old stuff!)
- Reducing your environmental footprint by consuming less
- Decluttering your home and life
- Feeling less stressed
- Feeling happier and lighter

The challenge is simple. Over the next 30 days, you need to complete one task per day. I recommend starting on a weekend or non-work day to ease into things. It's okay to read ahead so you know what's in store, but try to only do one task each day, and do it to full completion (no sweeping things under the rug!) By making small changes every day, it will be easier to form habits that will last you long after this challenge is over.

Throughout the next 30 days, take the time to reflect on the process, and write down your thoughts on the pages at the end of this workbook. What was your biggest challenge from the tasks in the past week? And, what was the biggest success? Take note of how simple living has made you feel - whether it's impacted your mind, body, or soul. This will provide some great motivation and inspiration to continue living simply and keep up the habits you'll form during the challenge.

With all of that out of the way, let's jump right into it. Good luck!

Emily

## day 1

Clean and organize your space. Put away clutter, wipe down surfaces, dust, vacuum, open the windows to let in some fresh air, light a scented candle or diffuser.

## day 2

Do all of your laundry and put everything away in its place.

## day 3

Clean out your fridge. Throw out anything that's expired or no longer usable. Wipe down the shelves and organize the remaining items.

## day 4

Clear your schedule. Cancel any unnecessary appointments, meetings, or plans.

## day 5

Walk or cycle for your daily commute (or at least part of it) instead of driving.

Meditate for 10 minutes to clear your mind.

Plan your meals for the week. Buy whole foods to make nutritious meals, and store them in your fridge and freezer for the week ahead.

Take the day off of social media.

Tidy your bookshelf. Take all of the items off and wipe down the shelves. Only put items back that you love - donate or sell the rest.

De-clutter your toiletries and/or makeup. Discard any old or expired items.

## day 11

Clean up your music - whether it's a digital library or a CD case. Keep only albums and songs that you love to listen to.

## day 12

Clean out the drawer. You know, that drawer. The one junk drawer that everyone has!

## day 13

Get rid of any subscriptions that you no longer use or want, like magazines, cable packages, subscription boxes, computer programs, etc.

## day 14

Go for a walk or run in nature.

## day 15

Clear out your clothes. Sell or donate items that you no longer wear. Discard anything with holes or stains.

## day 16

Clean out your computer folders. Delete any old and unused documents, photos, and other files, or move them on to an external hard drive.

## day 17

Go makeup-free for the day. Give your skin and hair a break from harsh products or heat styling tools. Don't wear any perfume or cologne.

## day 18

Clean your work desk or office space. Get rid of old papers, and put items that you don't need to keep out on your desk away in drawers or on a shelf.

## day 19

Turn off your phone, computer, and/or tablet for a day.

## day 20

Clean out your kitchen cupboards, drawers and pantry.

## day 21

Clean out your shoe and coat closet. Sell or donate anything you don't wear anymore, or discard it if it's in bad condition.

## day 22

Sell one thing on Craigslist, your local buy and sell, or an app (like Depop).

## day 23

Let go of thoughts that do not serve you. Try to see any negative things that happen to you in a positive light, or just accept them and let it go.

## day 24

Donate something to a local charity.

## day 25

Don't spend any money for the day.

*day 26*

Organize your finances. Evaluate your spending habits, and make a budget or plan to pay down any debt and start saving for your goals.

*day 27*

Start a gratitude journal. Write down one thing a day that you are grateful for, big or small.

*day 28*

Do something creative - make art, music, write, cook, etc.

*day 29*

Have a 'say no' day. Instead of saying yes out of obligation or being pressured into things you don't want to do, empower yourself to try saying no instead.

*day 30*

Make a list of your top 3 to 5 priorities or goals for the next year of your life. Then measure how your typical day-to-day stacks up - is how you're spending your time aligned with your goals? Make adjustments to your daily routines as needed.

## Notes

Write down your thoughts, challenges, and successes here

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