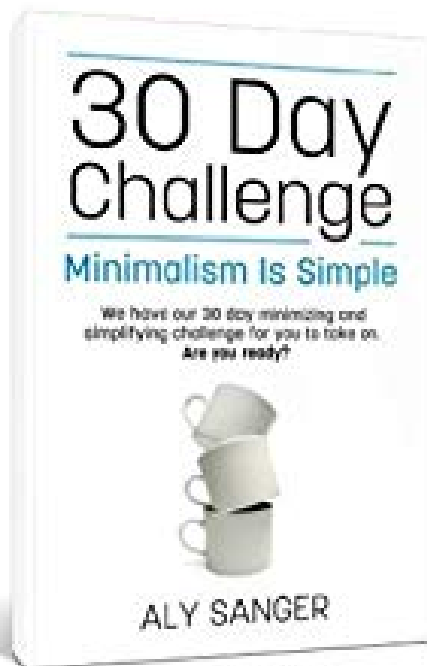


Minimalism Is Simple - 30 Day Challenge



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|--------------------------|--------------------|
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[Minimalism Is Simple - 30 Day Challenge.pdf](#)

[Minimalism Is Simple - 30 Day Challenge.epub](#)

Introducing a minimizing and simplifying challenge – are you ready? The goal is not just to help you lose the clutter, but to create lifestyle changes that will last. Consider this a 30 day transformation to get you ongoing results months and years down the road. I've introduced this 30 Day Challenge to give you the opportunity to discover what Minimalism means to you. Tackling the 30 Day Challenge should be just that, a challenge. I'm challenging you to experience your day-to-day routine in a different way. Every day provides three tasks for you to complete. Complete the tasks at your own pace, and do what feels comfortable to you. For each task I'll give you some hints, tips, and space to jot down your thoughts and experiences.