

meghan livingstone

7 DAY GUIDE TO MINIMALISM

Welcome to your 7 Day Guide to Minimalism. This worksheet is designed to guide you through 7 days of de-cluttering seven different categories in your life: wardrobe, bedroom, kitchen, bathroom/beauty, office/digital, car, and miscellaneous.

HOW TO USE THIS GUIDE

Download and print this guide and work through it at your own pace – you can tackle each category as quickly or as slowly as you'd like. There are no rules! Simply check the boxes as you complete each item.

REMEMBER

As you sift and sort through each item, remember to ask yourself:

- Do I **use** this?
- Do I **need** this?
- Do I **love** this?

Note: See if you can re-purpose any of your belongings before throwing them out (e.g., glass jars). **For the items you do decide to toss, donate them or recycle if applicable.**

LET'S BEGIN!

Day 1 | CATEGORY: WARDROBE

- Clothes you haven't worn in a long time, that you no longer like, or that don't fit
- Underwear, bras, socks with holes
- Accessories like belts, jewellery, shoes, bags and purses
- Unnecessary items in current purse

Not sure which clothes to get rid of? Ask yourself these questions:

- Is this item too tight or too loose?
- Is the material comfortable?
- Do I like the way it fits me?
- Is it versatile and easy to match other pieces?
- When was the last time I wore it? Has it been longer than a year?

Day 2 | CATEGORY: BEDROOM

- Boxes/bins or lost kids/pets toys under bed
- Clutter on nightstand
- Linens: blankets, sheets, decorative pillows

Day 3 | CATEGORY: KITCHEN

Clear out any foods that are expired or mouldy.

- Fridge
- Freezer
- Pantry
- Kitchenware, gadgets, and containers with missing lids in drawers or cupboards

Day 4 | CATEGORY: BATHROOM & BEAUTY

Discard expired, unused, or disliked:

- Hair products
- Lotions/creams/body washes
- Perfume
- Nail polish
- Makeup
- Linens: facecloths, towels, loofas
- Medicine cabinet containing expired ointments, medication or supplements

Day 5 | CATEGORY: OFFICE & DIGITAL

- Stationery, books and magazines that can be replaced digitally
- Pens & markers with no ink and other unused or damaged office supplies
- Old electronics, CDs, DVDs
- Unused files and unwanted photos on computer
- Unused apps on phone

● *TIP: Read the blog post for more tips on digital minimalism at www.meghanlivingstone.com/digital-minimalism*

Day 6 | CATEGORY: CAR

- Trunk
- Glove box
- Back seats
- Slots and compartments for drink holders, coins and pens
- Wipe down dashboard and surfaces

Day 7 | CATEGORY: MISCELLANEOUS

- Lingering clutter on surfaces (countertops, table tops, dressers, desk, etc.). Find or create a proper place for items that pile up on these surfaces.
- Unused craft or art supplies
- Broken or unused equipment/supplies for hobby you may have
- Unused decor (pictures, centrepieces, potpourri, vases, furniture); holiday decor

For more tips and inspiration visit www.meghanlivingstone.com

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