


SIMPLICITY


Wellness Challenge

Directions:


Clutter causes a significant amount of stress. It bombards your mind with stimuli and makes it more difficult to relax. For this challenge complete 6 of the following tasks. You may choose a task from this list, or create one of your own. Use the square provided in each box to check off the tasks you complete.




Expired Products
Remove expired products from your pantry, medicine cabinet, or refrigerator.




Duplicates
Do you have two vacuum cleaners or two lawn mowers? Get rid of any unnecessary duplicates.




Kitchen Appliances
Remove things from your kitchen that you aren't using at least two to three times a year.



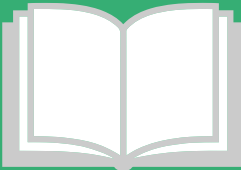
Extra Clothing
Remove anything you haven't worn in twelve months.



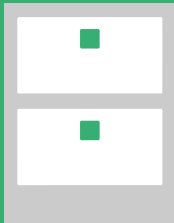
Storage Closet
Remove extra items from storage closets and garages, like old paint and broken equipment, and discard them.



Under Your Bed
Check spaces that are "out of sight, out of mind." Throw away or donate items that no longer have use or value.



Books
Let go of non-valuable books you will never read, or that you've read but don't plan to read again.



Junk Drawer
Go through your junk drawer and realize that most of the stuff in it is (surprise) junk. Reduce it by half.