

10 days of minimalism

DAY 1



Single socks must go

Throw away all socks without a match (or use them for cleaning).

DAY 2



No old shirts anymore

Donate all the T-shirts you haven't worn over a year to charity.

DAY 3



Your handbag

Throw away any kind of rubbish, choose a few items you always need to have in your bag.

DAY 4



Kitchen tupperware

Take out all of your Tupperware and put them together, lid and bottom, then sort the Tupperware back.

DAY 5



Fridge clean out

Take everything out and only sort in again what is fresh, throw away old sauces and dried veggies.

DAY 6



Unburden your bathroom

Decide which products you want to use up in the next few months – put them in the front where you can see them.

DAY 7



Shower space

Clean out all the empty bottles from your shower or bathtub then only put in one of each (shower gel, shampoo).

DAY 8



Flawless bookshelf

Sort your books by genres, titles, etc. Give away books you've read, didn't like, haven't read and will never read.

DAY 9



Neat workspace

Organization is the key to good work. Clear your desk of extra pens, cables, and notebooks.

DAY 10



Kick out old paperwork

Take out the waste, recycle what you can and donate things which are still good.