

21-Day Simplify Your Life Challenge



Your 21-Day Simplify Your Life Checklist:

- Day 1: Clutter
- Day 2: Priorities
- Day 3: Chores 1
- Day 4: Chores 2
- Day 5: Perfectionism
- Day 6: Clutter Blocks
- Day 7: Evenings
- Day 8: Mornings
- Day 9: Other People's Stuff
- Day 10: Donation Box
- Day 11: Information
- Day 12: Grooming
- Day 13: Saying No
- Day 14: Single-Tasking
- Day 15: Procrastination
- Day 16: Doing Less
- Day 17: Email
- Day 18: Clutter Boundaries
- Day 19: Diary
- Day 20: Sleep
- Day 21: Happiness

Welcome To The 21-Day Simplify Your Life Challenge!

The **21-Day Simplify Your Life Challenge** is a program of 21 daily challenges to help you create a simpler, happier life.

Each challenge consists of a task to complete or a decision to make.

Most challenges take 10 – 15 minutes for the basic version. If you want to do more, there are extended options.

Day by day these challenges will help you to untangle complications, feel less stressed, and gain a greater sense of calm and order.

This document is your guide to the challenge. Here you'll find an introduction to each challenge, followed by a link to the web page where you'll find that day's challenge in full.

After you complete your task, remember to check in by leaving a comment on the web page. Simply say you're done, or feel free to share successes, insights, or difficulties, or ask questions.

Let's get started. Your simpler, calmer, happier life awaits...

Day 1: Clutter

Welcome to our first challenge! This is going to feel so good!

Today we're going to start by **simplifying the space we live in**. Over the 21 days we'll return to our space again and again, but today we're going to make a start.

Choose **Option 1** for the **quick and easy** version or **Option 2** if you want to **go deeper**.

Ready? Let's do it!

[Click this link to go to today's challenge.](#)

Day 1 completed

Day 2: Priorities

Today we're going to start thinking about **what really matters**. Those things that get forgotten or crowded out by the everyday chaos of life.

Choose **Option 1** for the **quick and easy** version or **Option 2** if you want to **go deeper**.

[Click this link to go to today's challenge.](#)

Day 2 completed

Day 3: Chores 1

A messy physical environment can make our lives feel overwhelming and over-complicated. But how do you stay on top of household chores when you're busy and tired?

Let's find out!

Choose **Option 1** for the **quick and easy** version or **Option 2** to **go deeper**.

[Click this link to go to today's challenge.](#)

Day 3 completed

Day 4: Chores 2

Yesterday we applied the first 2 steps of my **ENA** formula to reduce your list of chores. Today let's finish the process and simplify those household tasks.

Choose **Option 1** for the **quick and easy** version or **Option 2** if you want to **go further**.

[Click this link to go to today's challenge.](#)

Day 4 completed

Day 5: Perfection

If you struggle with **perfectionism** then today's challenge will be a challenge indeed!

Get ready to step out of your comfort zone my friend...

[Click this link to go to today's challenge.](#)

Day 5 completed

Day 6: Clutter Blocks

Sometimes decluttering is easy – you see things that are **clutter, unneeded, unloved**, and you let them go.

Other times all you see are reasons why you **couldn't possibly** let anything go. But I might need it! But I don't know what to do with it! But it was a gift!

Today we attack those decluttering blocks. No more excuses!!

[Click this link to go to today's challenge.](#)

Day 6 completed

Day 7: Evenings

One of the easiest ways to simplify your life is to organize the things you do before you go to bed each night.

So today let's create a **life-simplifying evening routine**.

[Click this link to go to today's challenge.](#)

Day 7 completed

Day 8: Mornings

Yesterday we created a **life-simplifying evening routine**.

Today let's do one for the **morning**...

Click on the link below to go to today's challenge:

[Click this link to go to today's challenge.](#)

Day 8 completed

Day 9: Other People's Stuff

It's not my clutter that's the problem, you say, it's all **their** crap.

Today let's see what we can do about OPS – other people's stuff...

[Click this link to go to today's challenge.](#)

Day 9 completed

Day 10: Donation Box

A great way to become a regular **declutterer** is to have a **donation box** set up in your home.

Not having to worry about **where something should go** removes an obstacle to getting rid of things you don't use or love.

Let's set up a donation box and habit today.

[Click this link to go to today's challenge.](#)

Day 10 completed

Day 11: Information

A constant influx of **emails, newspapers, magazines, catalogues, and social media updates** can create a strong feeling of overwhelm in our lives.

Today let's simplify these information subscriptions...

[Click this link to go to today's challenge.](#)

Day 11 completed

Day 12: Grooming

How long does it take you to **get ready** – to go out, leave for work, head to the gym, face the day?

Let's see if we can simplify that...

[Click this link to go to today's challenge.](#)

Day 12 completed

Day 13: Saying No

If you feel **overwhelmed** and long for greater **simplicity**, then there's a good chance you need to use a certain word more often.

No not that one.

This one: No.

[Click this link to go to today's challenge.](#)

Day 13 completed

Day 14: Single Tasking

Remember when **multi-tasking** was all the rage? We thought we'd get more done and save time. What a crock that turned out to be!

Today let's **single-task** our way to a simpler life.

[Click this link to go to today's challenge.](#)

Day 14 completed

Day 15: Procrastination

Don't put it off a moment longer!

Today let's attack our **procrastination demons**.

[Click this link to go to today's challenge.](#)

Day 15 completed

Day 16: Do Less

A great way to **simplify your life** is to simply... **do less**.

Let's find a way to do that today.

[Click this link to go to today's challenge.](#)

Day 16 completed

Day 17: Email

It's hard to think about our **overcomplicated lives** today without thinking of **email**.

Today let's simplify our inboxes.

[Click this link to go to today's challenge.](#)

Day 17 completed

Day 18: Clutter Boundaries

Today we're going to explore a radical idea for **getting rid of clutter** and **simplifying your life**.

We're going to decide to **live within the boundaries of your available space...**

[Click this link to go to today's challenge.](#)

Day 18 completed

Day 19: Diary

Does your **diary system** help you feel **calm** and **in control** of your life?

If not, let's see if we can simplify it.

[Click this link to go to today's challenge.](#)

Day 19 completed

Day 20: Sleep

A sure way to feel **overwhelmed and exhausted**, and for life to seem **complicated and stressful**, is to not get enough sleep. Consistently.

There are two things we can do about that. Let's do them both today.

[Click this link to go to today's challenge.](#)

Day 20 completed

Day 21: Happiness

I've saved the best till last.

Today we're going to simplify our **happiness**.

Sound good? Then let's get to it.

[Click this link to go to today's challenge.](#)

Day 21 completed