

# 7-DAY ESSENTIALISM CHALLENGE

## DAY 1

Address lingering phone notifications (and turn OFF any unnecessary notifications within the settings of your phone).

## DAY 2

Complete a mind sweep--write down any lingering tasks, ideas, goals, etc. that you've been keeping in your head.

## DAY 3

Get rid of, donate, or put away 30 items in your home.

## DAY 4

Unplug from the internet and electronics for a day and spend time creating, reading, playing games with loved ones, or being outside (notify coworkers, friends, and extended family in advance so you can feel truly free).

## DAY 5

Pick one social media channel and spend 10 minutes "unfollowing" sites or accounts that no longer benefit your life.

## DAY 6

Avoid complaining or expressing negative thoughts for a day.

## DAY 7

Evaluate your current spending and identify areas in your budget where you can spend less and/or identify areas where you could reallocate your spending to see an increase in your quality of life.

