| 1 | Define your personal style                        | 2 | List down 20 essential clothing items to own |
| 3 | Pick a theme for your home and/or wardrobe       | 4 | Cull your wardrobe                           |
| 5 | Cull your shoe collection                        | 6 | Clear all bench/table surfaces in your bedroom(s) |
| 7 | Get rid of the unhealthy food from your cupboards | 8 | Write down 5 things you’re grateful for       |
| 9 | Take all hanging items off your walls and only keep the absolute essentials | 10 | Unsubscribe from email marketing             |
| 11 | Turn off social media notifications on your phone | 12 | Switch to paperless billing                  |
| 13 | Journal your day (discover what you’re spending your time on) | 14 | Set goals for the next 6 months              |
| 15 | Do a proper clean out of your pantry/fridge/freezer | 16 | Clean and organise your linen closet         |
| 17 | Organise the folders + files in your computer    | 18 | Digitally back-up your important files       |
| 19 | Sort through your inbox until it reaches zero    | 20 | De-clutter your work desk                    |
| 21 | Practice stretching or yoga/Pilates              | 22 | Get rid of unused makeup, skin/haircare products |
| 23 | Sort through and delete photographs              | 24 | Clean out cupboards and cull what you don’t need |
| 25 | Re-cull your wardrobe                            | 26 | Practice mindful breathing techniques        |
| 27 | Unfriend/unfollow people you do not want on social media | 28 | Eliminate (or severely reduce) book/cd/dvd collections |
| 29 | Find 10 things you’re grateful for                | 30 | Set your next goals                          |