

60 DAY MINIMALISM CHALLENGE

#60daystominimal

YOUTUBE: Rachel Aust INSTAGRAM: @rachelaust

1 DEFINE YOUR PERSONAL STYLE

Defining your personal style will make it easier for you when it comes to culling your wardrobe and getting your home or space in order. It will also make you be more conscious of the items you are planning on buying and whether or not they will fit in with what you own.

2 LIST DOWN 20 ESSENTIAL CLOTHING ITEMS FOR YOUR WARDROBE

If you had to only own 20 clothing items, what would they be? Start with 20 and if you need to add extra, incorporate items that will work with these staples.

3 PICK A THEME FOR YOUR WARDROBE

This can of course change and grow over time, but it's good to have a starting point.

4 CULL YOUR WARDROBE

Sort your clothes into "type" piles, eg. tops, pants, jackets – this will be useful for you to see how many pieces you own that are similar or serve the same purpose. From there cull the items that don't fit, are in a state of disrepair or don't suit your taste anymore. Consider donating them to a charity if they are still in a wearable condition.

5 CULL YOUR SHOE COLLECTION

Follow the same directions as culling your wardrobe.

6 CULL YOUR JEWELLERY

Jewellery collections have a way of building up quickly if you're someone who enjoys accessories. If you still want to own these types of accessories consider culling down to a few versatile, essential pieces that can be worn with many outfits.

7 PICK A THEME FOR YOUR HOME/ROOM

Having a theme for the space that you live, similar to your wardrobe, will help you be more careful of new items you are bringing in, and allow you to be more decisive of what's got to go.

8 CLEAR ALL BENCH/TABLE SURFACES IN YOUR BEDROOM

Start from the beginning, make it blank, only put back the essentials or things that you enjoy and make you happy.

9 CHECK YOUR BANK DEBITS AND IDENTIFY WHAT YOU NO LONGER NEED

People forget to do this so often! There may be a subscription service running, or an old membership you didn't notice you had, clean up those direct debits!

10 GET RID OF THE UNHEALTHY FOOD FROM YOUR CUPBOARDS

This is a great first step to removing the clutter from your pantry, plus there will be the added health benefit that comes with reducing the amount of junk food you own. If the food is still edible and in date please consider donating it or giving it to someone before you decide to throw it out.

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11 SET 1 GOAL IN EACH CATEGORY: FINANCE, HAPPINESS, HEALTH, KNOWLEDGE

These categories work cohesively and can help improve many other aspects of your life too.

12 WRITE DOWN 5 THINGS YOU ARE GRATEFUL FOR

A good habit to get into is noticing the positive things in your life, it's very easy to get caught up on the negatives.

13 TAKE ALL HANGING ITEMS OFF WALLS AND ONLY HANG UP THE ESSENTIALS

Similar to day #8, start from scratch and go from there.

14 UNSUBSCRIBE FROM EMAIL MARKETING

Removing email marketing from retail and food services will help curb that temptation to spend and bring impulse purchases into your home.

15 FIND A DAY PLANNER: ICAL? DIARY? WHATEVER WORKS FOR YOU

Some people prefer digital; others like to write their day. Find what works for you and start using it.

16 TURN OFF SOCIAL MEDIA NOTIFICATIONS

After the initial anxiety dies down of not knowing what's going on this is fantastic. You will find that you check your phone a bit less and it will allow you to become more productive. I personally have all social media notifications off, and only leave on SMS and calls.

17 SWITCH TO PAPERLESS BILLING

Save some trees and save yourself some filing!

18 JOURNAL YOUR WHOLE DAY

{06:00 – Woke up

07:00 – Went to the gym}

Find out what you're spending your time on and if there's a way you can make extra time for yourself during the day.

19 PLAN OUT THE NEXT 7 DAYS IN YOUR PLANNER

Sort our your week.

20 SET GOALS FOR THE NEXT 6 MONTHS

Six months from today what would you like to have achieved? How are you going to get there?

21 SET UP A SAVINGS ACCOUNT AND A DIRECT DEBIT TO PAY INTO IT

Just something! Save! It doesn't matter if it's \$100 a week, or only \$5 – work out what you can afford. Start saving money now, you'll thank yourself later.

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22 DO AN IN-DEPTH CLEANOUT OF YOUR PANTRY

Expired items, items you won't eat, and junk foods are all best to be gone.

23 CLEAN AND SORT YOUR LINEN CLOSET

You'll probably be surprised by how much room you can free up that you didn't notice was filled with old towels or items you've just stuffed in there.

24 CLEAN OUT YOUR FRIDGE/FREEZER

Give it a good defrost if you need to while you're at it.

25 CULL THROUGH OLD PHOTOS

Keep a digital copy of old photos if you need to. If they're very important to you create a photo album for them.

26 SORT THE FILES AND FOLDERS IN YOUR COMPUTER

Start with your downloads, then your desktop and move your way through from there.

27 ASSESS YOUR SENTIMENTAL ITEMS

Is it something you actually enjoy, that brings you happiness? If yes, keep it. If no, pass heirlooms on, or consider a new owner for other sentimental items.

28 DIGITALLY BACK UP YOUR IMPORTANT FILES

While it's great to cull through your digital files, make sure you've got a backup copy of them just incase. Large SSD hard drives are good for this, if you prefer something digital or cloud-based opt for iCloud or DropBox.

29 SORT THROUGH BOOKS (CULL/KEEP/GIFT)

Old university or college books can be sold if you no longer need them. Books you never read can be donated to charity. Find a good home for what you're not using.

30 SORT THROUGH YOUR INBOX UNTIL IT REACHES ZERO

Try and keep it that way when you get there. Set aside between 10 and 30 minutes a day for emails if possible (you may need more time if you have work emails coming through).

31 DE-CLUTTER YOUR WORK DESK

De-cluttering your work desk can make your time at that desk more productive.

32 DELETE UNNECESSARY APPS FROM YOUR PHONE

This will free up storage space and will also make navigating your phone much easier.

33 PRACTICE STRETCHING OR YOGA/PILATES

It's good to slow down sometimes and these activities can help you do that. It may take time to see progress.

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34 GET RID OF UNUSED MAKEUP/SKINCARE/HAIRCARE PRODUCTS

If it's expired, or you no longer use it, remove it. If the item is new, unexpired and unopened consider passing it along to someone else.

35 SORT THROUGH MEDICINES/FIRST AID PRODUCTS

These can accumulate quite quickly, especially if you have a medical condition that requires regular medication. Remove empty packets and out-of-date products.

36 DELETE UNWANTED DIGITAL PHOTOGRAPHS

This can free up a lot of extra space in your phone or computer. If culling on your phone I recommend an app called "Flic".

37 CLEAN OUT STORAGE CUPBOARDS

There are probably items in here that you forgot you owned.

38 RE-CULL YOUR WARDROBE

It's time to do this again! Be a little more ruthless this time, do you REALLY need that?

39 CULL DVDS/CDS/OTHER MEDIA

Try and see what you can reduce this too. All of this type of media is available digitally these days.

40 PHOTOGRAPH RECEIPTS, STORE THEM DIGITALLY AND THEN RECYCLE THEM

Receipts fade anyway, so take a photo of them and store them in a folder for your accounting or tax purposes later.

41 PRACTICE MINDFUL BREATHING TECHNIQUES

Be fully present, fully aware and slow down.

42 FIND 30 MINS A WEEK IN YOUR SCHEDULE JUST FOR YOU

Look over the schedule and plans you have written for yourself. Try to find at least 30 minutes in each week that's just for you. Use this time to relax.

43 WRITE A TO-DO LIST FOR THE NEXT WEEK

Plan out your week in the best way that you can, try and group together tasks that are in close proximity to each other to save yourself travel time. Try to find time to spend with friends or family.

44 UNFRIEND/UNFOLLOW

If you don't want to follow someone or be their friend on social media you don't have to. You can hide posts if you don't want to unfriend.

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45 LIST 10 THINGS YOU ARE GRATEFUL FOR

Remind yourself of these things regularly.

46 IDENTIFY 2 THINGS YOU DO TO PROCRASTINATE AND MONITOR THEM

Is it online shopping? Mindless eating? Netflix? What do you spend “too much” time on that you could be using to do something more productive? How will you curb your addiction to the aforementioned time-wasting activity?

47 SPEND THE WHOLE DAY LOGGED OUT OF SOCIAL MEDIA

If you haven't done this before it will feel strange!! You may feel anxious or nervous – which has been observed in scientific studies as being a completely normal reaction to this activity. Spend some time in the world around you rather than the world on your screens.

48 START A CHANGE JAR TO COLLECT COINS FROM AROUND THE HOUSE

This will add up so quickly and it's a great way to get the spare change out of your wallet or purse. Eventually you can cash it in, I like to add mine to my savings account.

49 SORT THROUGH VARIOUS ELECTRONIC ITEMS AND CULL

We're talking old cables, leads, chargers. Some of these may not work, and some of them might only be useful for devices you no longer own. Get rid of what you don't need.

50 CULL CLEANING SUPPLIES

If it's not useable, remove it.

51 REMOVE DECORATIVE ITEMS OTHER THAN YOUR FAVOURITES

Consider your home or room's new defined theme... do these random decorative items fit? Do they still make you happy? Do they serve a purpose (functionally or visually)? If you answered no, it may be time to consider letting it go.

52 IDENTIFY AND REMEDY 1 BAD SPENDING HABIT YOU HAVE

And the trickier part will be figuring out how you're going to fix it, so tackle that at the same time.

53 IF YOU HAVE A LOAN OR CREDIT CARD INCREASE THE FREQUENCY OF REPAYMENTS

Loan repayments are usually calculated on a monthly basis, take advantage of this fact by repaying fortnightly. A fortnightly repayment is paying half the monthly amount every two weeks, paying fortnightly will allow you to sneak in an additional full month equivalent of payment per year, saving you interest and allowing you to pay off the loan a little faster. This is particularly handy if you have a mortgage.

e.g. 12 monthly repayments of \$2,000.00 = \$24,000.00 per year; or
26 fortnightly repayments of \$1,000.00 = \$26,000.00 paid off per year

54 PLAN YOUR MEALS FOR THE NEXT WEEK AND WRITE A SHOPPING LIST

And don't shop on an empty stomach!

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55 CULL ACCESSORIES (SUNGLASSES/HATS/WATCHES/BAGS)

Just as an example, in my ideal world (yours may differ):

1 pair of sunglasses

2 hats (one cap, one broad-brimmed)

0 watches

4 bags (1 camera bag, 1 camera accessories bag, 1 backpack, 1 travel bag)

What do you consider essential and how can you get to that number?

56 SET A GOAL OF SOMEWHERE YOU'D LIKE TO TRAVEL AND FIGURE OUT THE COST

It's all well and good to dream of going somewhere, but start researching how much it will cost to actually get there.

57 FOR THE NEXT WEEK SET 20 MINS EACH DAY TO CLEAN

A little cleaning each day will save you a lot of time in the long run, you won't need to be doing big clean ups every week.

58 WRITE A NEW MONTHLY BUDGET FOR YOURSELF

Figure out what you can save, what you can spend, and what you're going to invest.

59 IDENTIFY 20 THINGS YOU ARE GRATEFUL FOR

Time for a big list! 😊

60 SET YOUR NEXT GOALS

Where will you go with this journey?