



de-clutter
your life

30
day

DECLUTTER YOUR HOME, LIFE & MIND CHALLENGE

WWW.ANTOINETTENICHOLLS.COM



DECLUTTER YOUR HOME, LIFE & MIND CHALLENGE

Each day you get to throw away something that you no longer need or use. The amount you throw away each day will be different depending on what day you are on. For example, day 1 you throw 1 thing away, day 2 you throw 2 things and so on until day 30 where you will throw 30 things away. Once you've completed the task, tick the relevant day's checkbox.

Day 1	<input type="checkbox"/>	Day 11	<input type="checkbox"/>	Day 21	<input type="checkbox"/>
Day 2	<input type="checkbox"/>	Day 12	<input type="checkbox"/>	Day 22	<input type="checkbox"/>
Day 3	<input type="checkbox"/>	Day 13	<input type="checkbox"/>	Day 23	<input type="checkbox"/>
Day 4	<input type="checkbox"/>	Day 14	<input type="checkbox"/>	Day 24	<input type="checkbox"/>
Day 5	<input type="checkbox"/>	Day 15	<input type="checkbox"/>	Day 25	<input type="checkbox"/>
Day 6	<input type="checkbox"/>	Day 16	<input type="checkbox"/>	Day 26	<input type="checkbox"/>
Day 7	<input type="checkbox"/>	Day 17	<input type="checkbox"/>	Day 27	<input type="checkbox"/>
Day 8	<input type="checkbox"/>	Day 18	<input type="checkbox"/>	Day 28	<input type="checkbox"/>
Day 9	<input type="checkbox"/>	Day 19	<input type="checkbox"/>	Day 29	<input type="checkbox"/>
Day 10	<input type="checkbox"/>	Day 20	<input type="checkbox"/>	Day 30	<input type="checkbox"/>



GOOD LUCK!

Remember to put a reminder on your phone so that you have an alarm so that you don't forget to do each day. I'd also love to see photos of your progress. Post your photos or stories on Instagram using the hashtag #decluttermylife and tag my profile.

Antoinette xo

[@ANTOINETTENICHOLLS](#)

WWW.ANTOINETTENICHOLLS.COM

HELLO@ANTOINETTENICHOLLS.COM