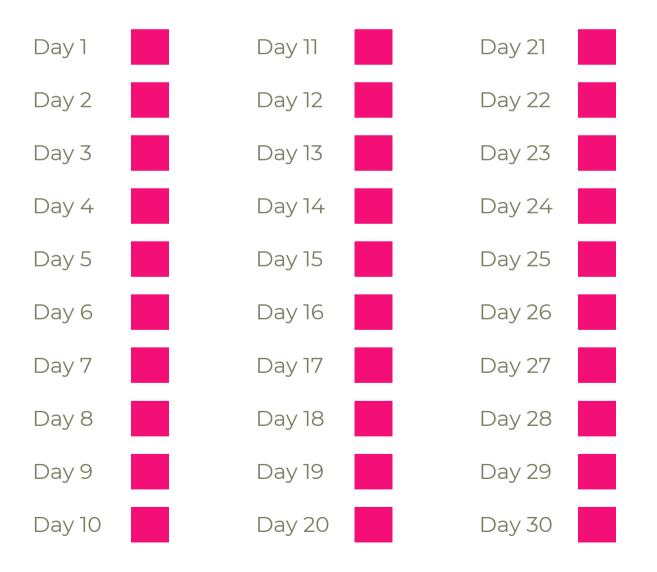
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DECLUTTER YOUR HOME, LIFE & MIND CHALLENGE



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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.



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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

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