SIMPLIFY.
30 Day Challenge

1. Get a planner and start using it.
2. Spend 10 minutes decluttering each day.
3. Make a list of the most important things in your life.
4. Write down three things you have to accomplish each day.
5. Turn off news and social media for an hour before bed.
6. Spend some time in nature.
7. Develop a morning routine.
8. Read something motivational.
9. Meditate and reflect.
10. Turn off the TV and have a family fun night.
11. Make a budget and set up a bill-paying routine.
12. Find a fun fiction book to read.
13. Put phones away during dinner or family time.
14. Spend quality time with your family.
15. Automate anything that can be automated.
16. Develop a paper sorting system.
17. Discard expired food and spices.
18. Quiet down the social media chatter by turning off notifications.
19. Make today a no news day.
20. Plan your meals for the week.
21. Develop a system for combating junk mail.
22. Help your kids purge outgrown toys.
23. Get your family schedules in Sync.
24. Set monthly goals.
25. Create an evening routine that will help you wind down.
26. Unsubscribe from email lists.
27. Make your bed every day.
28. Take some time to relax.
29. Remove toxic people from your social media.
30. Clean out your purse, backpack, or briefcase.

Let's connect!
@childwellbeing  @asucowb