



The Everygirl's

SPRING-CLEAN YOUR LIFE IN 30 DAYS CHALLENGE

WEEK ONE

- 1:** Simplify your diet by opting for whole foods
- 2:** Reevaluate finances: eliminate the expenses that don't bring you joy and budget for expenses that do
- 3:** Replace any exercise you don't enjoy with workouts that you'll look forward to
- 4:** Reorganize your pantry: toss out what's old and get storage containers for easier access (and more sustainable living!)

WEEK TWO

- 5:** Notice emotions and record the ones that aren't serving you (without judgment)
- 6:** Clean your shower while you're in it
- 7:** Don't complain once all day
- 8:** Evaluate recurring charges on your bank statements and cancel what you don't use on a regular basis
- 9:** Detox your social media by unfollowing every account that does not inspire you or make you happy
- 10:** Clean out your closet and donate clothes that no longer spark joy
- 11:** Stick to a sleep schedule by waking up and going to bed around the same time every night

WEEK THREE

- 12:** Make an action plan when negative emotions like stress, loneliness, or anger come up
- 13:** Organize your junk drawer (finally!)
- 14:** Meal prep all of your lunches for the next week
- 15:** Practice journaling to help the mind let go of whatever it's holding onto
- 16:** Clean out contacts, documents on your computer, and pictures on your phone by deleting what you no longer need
- 17:** Make your bed first thing in the morning
- 18:** Overhaul your relationships: make a list of the people you come in contact with the most, and then make sure they're all people you would want to be like and people who make you feel good

WEEK FOUR

- 19:** Limit light in the evenings for better sleep
- 20:** Get sweaty, whether it's a cardio class or a steam shower
- 21:** Deep clean one room in your home
- 22:** Reassess your schedule to replace wasted time with activities that will make you happier or calmer
- 23:** Clean out your skincare and makeup by tossing anything that's expired. Replace with non-toxic alternatives
- 24:** Designate a tech-free space in your home
- 25:** Buy some indoor plants that purify the air

WEEK FIVE

- 26:** Come up with a go-to outfit formula to limit decision making in the mornings
- 27:** Track your water intake to make sure you're hydrated enough
- 28:** Forgive the people you haven't forgiven yet (including yourself)
- 29:** Make a list of your 10 most common stressors and come up with solutions to solve each one
- 30:** Detox your habits: evaluate the ones that are not serving you and replace with habits that will