


# 30 DAYS TO SIMPLICITY

1 SET THREE GOALS FOR THIS MONTH	2 MAKE A LIST OF PRIORITIES	3 CALL OR TEXT A FRIEND	4 CREATE A SCHEDULE	5 CARRY A WATER BOTTLE WITH YOU	6 CLEAN OUT YOUR JUNK DRAWER	7 PLAN OUT YOUR WEEK INCLUDING MEALS
8 100% POSITIVE DAY	9 GET A FLANNER	10 UNFOLLOW THOSE WHO DON'T UPLIFT YOU	11 GO TO BED ON TIME	12 GO OUTSIDE	13 CLEAN OUT YOUR BATHROOM	14 PUT YOUR PHONE AWAY FOR THE DAY
15 DO SOMETHING YOU HAVE BEEN PUTTING OFF	16 PICK UP A BOOK	17 TAKE 20 MINUTES TO JUST SIT IN QUIET	18 WASH YOUR HAIR	19 ANSWER ALL UNANSWERED MESSAGES AND EMAILS	20 CLEAN OUT YOUR CLOSET	21 FORGIVE SOMEONE WHO HAS WRONGED YOU
22 NO SPEND DAY	23 WRITE FIVE THANK YOU MESSAGES OR NOTES	24 EAT A HEALTHY BREAKFAST	25 TAKE A BATH	26 DO SOMETHING YOU LOVE	27 CLEAN OUT YOUR LAUNDRY ROOM	28 PLAY A GAME WITH YOUR FAMILY
29 DAY A GRATITUDE PRAYER	30 WRITE IN YOUR JOURNAL					

SLOW DOWN. SIMPLIFY. AND BE KIND.