

# LESS IS MORE

## SMALL START. BIG IMPACT.

Looking for a spring refresh? Try this 2-week challenge to declutter your space and clear your mind along the way. Each day get rid of the number of items that correspond with that day (Day 1=1 item, Day 2=2 items, and so on). At the end of this challenge, you will have slowly let go of 105 items. In the spirit of Earth Day try donating, repurposing, or recycling any items before discarding. Curious how clutter impacts your stress levels? Tune in to our podcast of the month to explore how simplifying your space can lead to a calmer mind and greater focus.

## HOW TO

|          |          |           |           |           |           |            |
|----------|----------|-----------|-----------|-----------|-----------|------------|
| 1<br>-1  | 2<br>-3  | 3<br>-6   | 4<br>-10  | 5<br>-15  | 6<br>-21  | 7<br>-28   |
| 8<br>-36 | 9<br>-45 | 10<br>-55 | 11<br>-66 | 12<br>-78 | 13<br>-91 | 14<br>-105 |