

More *is* Less

Lose some Stuff and Gain some Time

Reduce your excess material goods by completing a very simple and easy strategy that we found at www.theminimalists.com. There are several versions of this challenge. The first is less challenging than the second. The second is less challenging than the third. In all cases, just follow the simple directions during the entire month.

Before you decide on the challenge level, give some thought to what you can declutter; clothing, decorations, kitchen gadgets, hair bobbles, toys... If you find yourself thinking about lots of excess stuff, man (or woman) up and take on one of the tougher challenges. But, if you find it difficult to come up with excess, give the easiest challenge a go. No matter what version you choose, it is likely that you will find yourself enjoying your decluttering accomplishment.

Ready. Set. Go!

Weekly Reduction - Here are the basics for challenge #1 (the least challenging).

1. Bring your family together and enlist them to participate.
2. Each participant will agree to get rid of one item during the first week of May, two during week two, three during week three and four during week four. (By the end of the month, each person will get rid of 10 personal items.)
3. The items will be put in one of three piles: donate, sell or trash.
4. Items must be out of the house by midnight on Saturday of that week.

Daily Reduction - Here are the basics for challenge #2.

1. Bring your family together and enlist them to participate.
2. Each participant will agree to get rid of one item each day during the month May. (By the end of the month, each person will get rid of 31 personal items.)
3. The items will be put in one of three piles: donate, sell or trash.
4. Items must be out of the house by midnight of each day.

Compounding Daily Reduction - Here are the basics for challenge #3 (the most challenging).

1. Bring your family together and enlist them to participate.
2. Each participant will agree to get rid of one item on day one, two items on day two, three items on day three and so on. (By the end of the month, each person will get rid nearly 500 personal items.)
3. The items will be put in one of three piles: donate, sell or trash.
4. Items must be out of the house by midnight of each day.

Clearing the clutter from life's path, makes room for the most important aspects of life.