

THE 30-DAY DIGITAL MINIMALISM CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Unsubscribe from Unwanted Emails	Clear Out Your Inbox	Digital File Cleanup	App Purge	Assess Social Media Connections
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Digital Photos and Videos	Password Management	Define Screen-Free Zones	Set Daily Schedules	Device-Free Meals
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Digital Sunset	Screen Time Limits	Technology-Free Mornings	Digital Sabbath	Analyze Your Screen Time
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Set Intentions	Mindful Notifications	One Task at a Time	Screen-Free Breaks	Digital Detox
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Gratitude Journal	Rediscover Hobbies	Quality Time with Loved Ones	Explore the Outdoors	Mindful Reading
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Art and Creativity	Mindful Meditation	Volunteer or Help Others	Analog Entertainment	Reflect and Plan Ahead