

THE 7-DAY MINIMALIST CHALLENGE

A Stress-Free Guide for Beginners

Feeling overwhelmed by the chaos around you? **This guide is your lifeline.**

Adopting a **minimalist lifestyle** goes far beyond just streamlining your shopping list. It **transforms** your **mental clarity, productivity,** and even **relationships.**

That's why we created this 7-Day Beginner's Challenge

How to use this guide:

- ✓ **Complete** tasks as your schedule allows
- ✓ Ideal timeframe: **7-14 days** for noticeable results
- ✓ Tip: **Start small** - even 10 minutes daily creates momentum

7 días de acciones hacia una Vida Minimalista

DAY	GOAL	ACTIONS	TIPS
★ DAY 1: THE CLOSET EDIT	Keep only what truly serves you.	The 10x10 Challenge: Pick 10 wardrobe staples you've worn 10+ times this year. Donate the rest.	Store doubtful items for 90 days. Unused? Donate.
📱 DAY 2: DIGITAL DETOX	Reclaim your focus.	Inbox Zero: Unsubscribe from 10 newsletters (try Unroll.me).	Delete unused apps & turn off non-essential notifications.
🗑️ DAY 3: HOTSPOT HACKS	Tackle clutter magnets.	Junk Drawer Revival: Keep only: <ul style="list-style-type: none">1 charger1 multi-tool (like a Swiss Army knife)1 emergency \$20 bill	🍷 DIY: Mix white vinegar + orange peels in a repurposed spray bottle.
🧠 DAY 4: EMOTIONAL DECLUTTER	Release mental baggage.	Habit Swap: Replace 1 doomscrolling session with a podcast walk.	📖 Journal Prompt: "What's one obligation I can say 'no' to this week?"
🛒 DAY 5: MINDFUL SPENDING	Curb impulse buys.	24-Hour Rule: Screenshot things you want to buy and revisit tomorrow and rethink the purchase.	One-In-One-Out: For every new purchase, donate/sell one similar item.
📦 DAY 6: THE ART OF LETTING GO	Rehome clutter responsibly.	Buy Nothing Groups: Gift items via local Facebook groups.	📍 Where to Donate: <ul style="list-style-type: none">Clothing: Goodwill or Soles4SoulsBooks: Little Free Libraries
🌱 DAY 7: SUSTAINABLE SYSTEMS	Build lasting habits.	The 5-Minute Rule: Daily quick tidy-up. Set the timer!	"Hell Yes or No": If an item isn't a 10/10 love, pass.

🌿 FINAL REFLECTION: LESS IS YOUR NEW MORE

This **7-day journey** isn't about throwing things away—it's about **rediscovering the space, time, and peace you've reclaimed.** As Joshua Fields Millburn of The Minimalists says:

"Love people, use things. The opposite never works."

At **Lumina Insight**, we know minimalism isn't a destination but a practice.

Keep growing with us:

- ◆ Follow **@LuminaInsight** for daily no-BS tips (and the occasional meme about Amazon regrets).
- ◆ Tag **#LuminaLessons** to share your wins—your before/after might inspire someone's Day 1. You've done the most challenging part: **starting**. Now, what will you make space for next?