

Minimalist Mom



checklist



Day 1 to 2

- Talk to your family that **you** are a minimalist lifestyle
- Locate all nearby Thrift Stores, women's shelters, second hand stores taking donations
- Purchase bags, garbage bags and cleaning supplies
- Donate clothes that are too old, that have not been worn in a year and those that don't fit.
- Clear extra muffin tins, chipped mugs and stained plates.

Day 7-12

- Give away all old tools
- Stop storing other people's stuff!
- Talk to family to start minimizing
- Throw out broken toys with kids
- Throw out expired baby car seats and cribs
- Get rid of all unusable baby stuff
- Shred all old documents, taxes etc that
- you do not need.

Day 3-6

- Purge old make-up
- Properly dispose of old medications
- Throw out old towels and ripped face cloths
- Purge all DVDS that don't work or you dont want.
- Get rid of old outdoor pots that are cracked
- Clear out the backyard of stray wood, metal

Day 13-20

- Get rid of any books you don't want
- Give away kids old clothes
- Give away unused small appliances
- Sort through holiday decorations
- Get rid of all food your family doesn't eat.
- Tidy up your work desk
- Purge all garbage in the car.
- Throw out all broken furniture

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Day 21 -24

- Write down family goals with new minimalist lifestyle
- Re-evaluate finances with new spend plan
- Re-evaluate hobbies. Purge items (bikes, canoes, skis etc) that you just don't use.

Day 25-28

- Get rid of any old carpets or rugs
- Give away old craft supplies
- Purge unused workout equipment
- Tidy up new minimized house

Day 29-30

- Journal about your journey. See how far you have come!
- Can you minimize more? Write down what else

ADDITIONAL IDEAS

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Notes:



**THE BABY
SPOT**