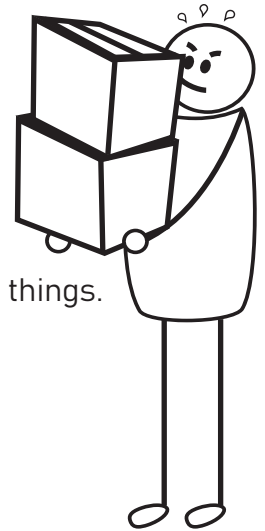


Minimalism Challenge 2025



What is a minimalism challenge?

The idea of the minimalism challenge is to help you declutter your life.

Most of us, have a lot of items in our homes, no matter the size of the home.

To "lighten" your home and perhaps clutter, you can challenge yourself to get rid of things.

There are typically 3 ways to get rid of things:

1. Sell them or give them away to friends and family
2. Give them away to charity
3. Throw them out

Please save the third for things that are broken, or in other ways not able to be re-used.

What counts as an object?

Well, that is up to you. I'd say that if you feel something is an object, it counts. The principle here is to get rid of things that clutter up your life. If you "cheat" you only cheat yourself.

Personally I don't count things like foodstuff, or things I would throw out anyway, like an empty roll of tape or the like. I will count every single knife in a drawer as separate objects, but when I threw out a lot of coloring pens from a box, I didn't count every single one, but thought a handful was "an object" for the challenge. So, you make your own rules - of course if you compete against your friends and family, you'll have to agree on the rules.

How do I get started?

Personally I began in the kitchen, opening a drawer, laying it all out, and then asked myself, what do I really use in there. Got rid of a lot of things I had multiple of, and a few things I basically never used, thinking should the need arise later, it would be something I could afford to repurchase. Another good place to begin can be in your closet, odds are that you have clothes hanging you never use anymore.

Play with others.

A fun way to do the challenge can be to do it alongside friends and/or family. Choose the type of challenge you want to run, then talk about what constitutes an object, and have fun.

Keep it going

This is my 4th year of running the challenge. Every year I print out a page, and put on my fridge, then the whole family marks off when they get rid of things.

Finally - think of your future purchases. Is it something you really need? Will you actually use it after purchase. A lot of things are purchased to just end up in a cabinet after a few uses. Especially kitchen appliances. :)

The Challenges

Mini Minimalism Challenge

52 objects total

A simple way to start. Just find one object every week to get rid off.

One a Day Challenge

365 objects total

Do you want a bigger challenge? Try the "One a day Challenge." Every day you find a thing to get rid off. Big or small, at the end of the year, you'll have gotten rid of 364/365 objects from your home.

If you're a family, you can play this on a common list, or get one for each family member.

30 Day Challenge

465 objects total

Are you into more intense challenges, or just can't wait to get rid off things fast enough. The 30 day challenge, inspired by The Minimalists, have you get rid of 1 object on day 1. 2 objects on day 2, 3 on day 3 and so forth. The first days are easy, but then you'll feel the pressure of finding the amount of things you need every day. To stressful for my taste, but I'm sure someone will love it. :)

Open Challenge

Fully open challenge, just mark the list everytime you get rid of something, and at the end of the year, count how far you got.

Mini Minimalism Challenge 2025

52 objects total

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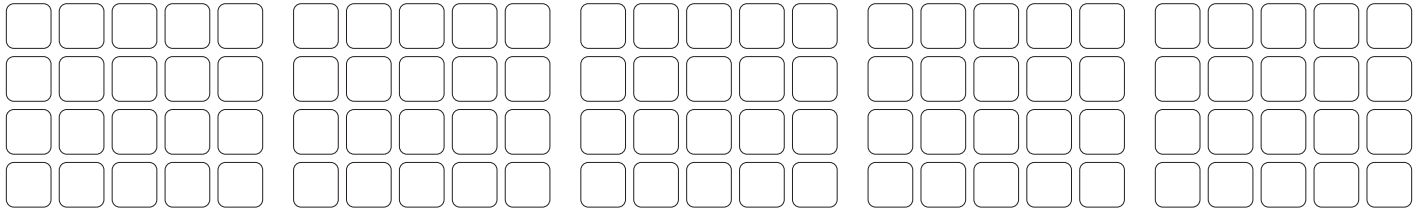
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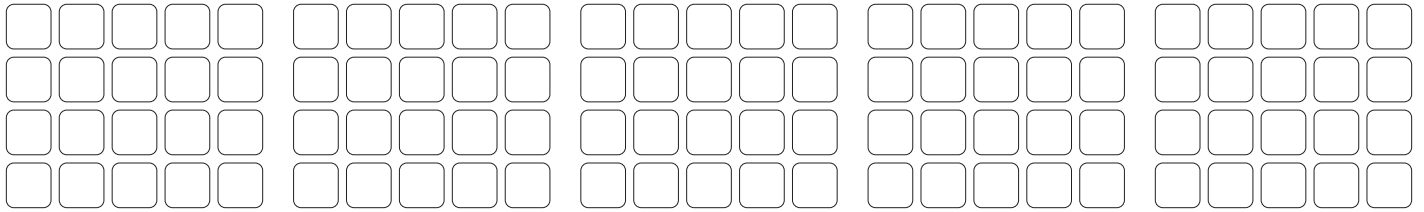
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One a Day Challenge 2025

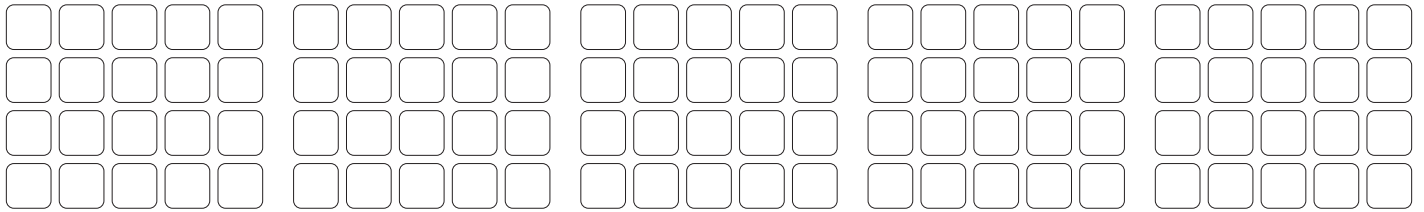
365 objects total



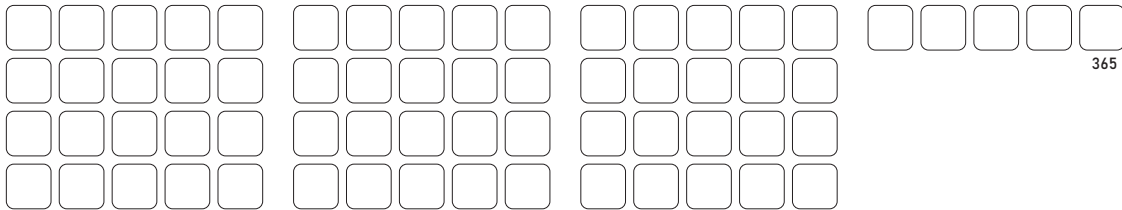
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200



300



365

