

Simplify Your Life Challenge

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| Meditate/ Church | Schedule any pending medical appts. | Check up on a friend you haven't seen for awhile | Organize your pantry | Go hiking | Clean out your purse &/or desk at work | Create a budget |
| Spend time with family | Look into a hobby you've always been interested in | Set a boundary with someone you've had difficulties with | Organize your medicine cabinet | Look into a conference you've been wanting to go to | Clean out your Fridge | Plan meals for the month |
| Journal or brain dump | Call on any bills, etc. | Make plans with a friend/ family member | Organize your bedroom nightstand | Spend quality time with your kids | Clean out your car | Meal Prep |
| Read Yoga | Go walking/ running Organize your bills | Find someone who needs help and do something small for them | Organize a closet | Deep clean one area of your house | Attend a workout class you're interested in | Write Out Personal Goals |