

Breathing Room Mini Challenge

Back-to-School
2025

MON	TUE	WED	THU	FRI	SAT	SUN
01	02 fridge	03 pantry	04 food storage	05 water bottles & straws	06	07
08 bags & backpacks	09 socks & underwear	10 shoes	11 outer- wear	12 hats & sunglasses	13	14
15 papers	16 books	17 kids art	18 coloring & craft items	19 pens & pencils	20	21
22 create a paper drop zone	23 photos	24 sports gear	25 toys	26 bathroom drawers	27	28
29 create a "treasures bin"	30 create an art drawer or bin	01	02	03	04	05

do something kind for yourself

Tips:

- You don't have to do it all – pick the ones that will create the most impact in your home.
- Start small – if all you have time for is decluttering each area, that's great (and the most important!)
- If it's hard to get started, set the timer for 5 minutes and do as much as you can.
- Not sure where to donate items? Search "local donations near me" online, or you can print out a shipping label from ThreadUp for used clothes.
- Any other questions? DM me!

Ideas for self-kindness:

- buy yourself flowers
- take yourself to lunch / lunch with a friend
- get a massage
- go on a hike
- get your nails done
- buy yourself a new journal
- write a gratitude list