



How to Play the 30-Day Minimalism Game

Anything goes!

Collectables.

Decorations.

Kitchenware.

Electronics.

Furniture.

Bedding.

Clothes.

Towels.

Tools.

Find a friend, family member, or coworker who's willing to minimize their stuff with you next month. Each person gets rid of one thing on the first day of the month. Two things on the second. Three things on the third. So forth and so on.

Whether you donate, sell, or trash your excess, every material possession must be out of your house—and out of your life—by midnight each day.

It's an easy game at first. Anyone can purge a few items, right? But it grows considerably more challenging by week two, when you're forced to jettison more than a dozen items per day. And it keeps getting more difficult as the month progresses.

Whoever keeps it going the longest wins. You both win if you both make it to the end of the month. Bonus points if you play with more than two people.

30-DAY

MINIMALISM GAME

1 -1	2 -3	3 -6	4 -10	5 -15	6 -21	7 -28
8 -36	9 -45	10 -55	11 -66	12 -78	13 -91	14 -105
15 -120	16 -136	17 -153	18 -171	19 -190	20 -210	21 -231
22 -253	23 -276	24 -300	25 -325	26 -351	27 -378	28 -406
29 -435	30 -465	31 -496	Share your decluttering experience on Twitter , Facebook , and Instagram . Use the hashtag #MinsGame to find thousands of other people sharing their photos as they let go.			