



DOers Advent Calendar 2022

1 Declutter your bedside table	2 Meditate for 15 minutes	3 Declutter your shoes	4 Write down 5 affirmations	5 Read your 5 affirmations 3x when you wake-up
6 Declutter your closet for 30 minutes	7 Make your Bed	8 Declutter one drawer	9 Do the DOers Reset	10 Set 1 achievable goals before Christmas
11 Declutter your medicine cabinet	12 Talk to a friend	13 Declutter bathroom counter	14 Go for a walk	15 Declutter your work surface for 30 minutes
16 Declutter receipts	17 Color a mandala	18 Declutter your kitchen counter for 30 minutes	19 Take a shower	20 Remove expired food from refrigerator
21 Give yourself a foot massage	22 Vacuum your living room	23 Take out the garbage	24 Read a book for 30 minutes	25 Listen to an episode of Post Trauma Secrets & Decluttering Podcast

Happy Holidays

