

# 10-day digital minimalism challenge

Are you a digital hoarder? If so, it's time to come clean!

Follow this 10-day challenge that will help you take small, achievable steps to tidy up your devices.

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|  <p><b>Day 1: Phone</b><br/>Go through the apps on your phone and delete the ones you don't use</p>                  |  <p><b>Day 2: Phone</b><br/>Make time today to organize your apps into folders by topic or utility</p>                                      |
|  <p><b>Day 3: Phone</b><br/>Go through your photos and delete duplicates, bad photos, or unnecessary screenshots</p> |  <p><b>Day 4: Desktop</b><br/>Clear out your inbox by deleting old emails. You can also take today to organize your inbox into folders</p> |
|  <p><b>Day 5: Desktop</b><br/>Organize important files into folders and delete files you don't use</p>             |  <p><b>Day 6: Desktop</b><br/>Make sure your data is appropriately backed up</p>                                                          |
|  <p><b>Day 7: Catch-up day</b><br/>Spend time with anything you haven't finished decluttering yet</p>              |  <p><b>Day 8: Social media</b><br/>Unfollow any accounts that do not benefit you or bring you joy</p>                                    |
|  <p><b>Day 9: Social media</b><br/>Remove push notifications for social media accounts</p>                         |  <p><b>Day 10: All devices</b><br/>Enjoy a digital detox today and set aside time to completely unplug</p>                               |