



12 Days of Simplicity Bingo

The challenge is simple: complete 12 simplicity tasks over the course of one month.

Each task aligns with one of the four core areas of simplicity that we've identified as important to us and our clients: Space, Finances, Time, and Health.

There are 3 tasks outlined for each of the 4 core pillars on the bingo board—and a few “Free Spaces” because we all deserve days of rest. Throughout the month, choose one day to complete one task at a pace and rhythm that works best for you and your schedule.

YOUR SPACE	YOUR FINANCES	YOUR TIME	YOUR HEALTH
<p>Declutter Your Desk</p> 	<p>Put 3 Monthly Bills on Auto-Pay</p>	<p>FREE</p>	<p>Plan a New Morning Routine</p> 
<p>FREE</p>	<p>Signup for at Least 1 New E-Statement</p>	<p>Unsubscribe From 3 Emails You Don't Open</p> 	<p>Take 1 Hour for a Mindful Exercise <i>(Yoga, Meditation, Self-Care)</i></p>
<p>Donate Clothing Items That Don't Inspire Joy</p> 	<p>Cancel 1 Subscription Service You Don't Use</p>	<p>Close Your Browser Tabs at Work, Start Fresh for 1 Day</p>	<p>FREE</p>
<p>Clean Out Your Junk Drawer</p>	<p>FREE</p>	<p>Disconnect for 1 Hour: Say No to Text, Calls & Emails</p>	<p>Make a Healthy Lunch the Night Before Work</p> 

View prizes and full contest rules on our website!

nationalsimplicityday.com