

Try the following mini challenge and start by taking a small step in the right direction; pick one or more from the list below:

* Clean out the inside of your car
* Clear out the bathroom cabinet of old medicines and toiletries
* Remove 10 items form your wardrobe
* De-clutter your TV cabinet
* Walk through the home and fil one box with items you could donate to charity
* Remove out of date items from your fridge or larder
* Recycle any old magazines or newspapers
* Sort through your airing cupboard and remove any unused or unwanted linens and towels
* Walk the home and fill one bag with unwanted waste
* Clear the top of your bedside cabinet

