

Calm The Chaos Challenge

The challenge is to take at least three “chaos creators” out of your life every day for one week. They can all be from the same category or one from three different categories listed below.

Chaos Creators

Chaos Throughout The Home

- Collections
- Sentimental items – wedding dress, baby blankets, nursing pillow, memorabilia, old Christmas cards, childhood items, books, old photos
- Self-improvement items – books, puzzles, games, recipe books, exercise equipment and tools (from un-used yoga blocks to treadmills)
- Too many photographs
- Childhood memorabilia

Bathroom Chaos

- Excess toiletries – lotions, make-up, conditioners
- Expired medicine
- Last summer’s sunscreen

Closet Chaos

- Clothes you don’t wear or don’t need (i.e. duplicates or excess)
- Shoes you don’t wear or don’t need (i.e. duplicates or excess)
- Jackets and coats you don’t wear or don’t need (i.e. duplicates or excess)
- Hats, scarves, gloves you don’t wear or don’t need (i.e. duplicates or excess)

Food Chaos

- Fad diet supplies
- Artificial sweeteners
- Highly processed foods
- Expired food and drinks

Emotional Chaos

- Negative self-talk
- Anger
- Jealousy
- Guilt
- Procrastination
- Sadness
- Fear
- Hurt
- Limiting patterns
- Limiting beliefs
- Toxic relationships
- Insecurity

Body Chaos

- Excess fat
- Toxins that need to be sweated out

Paper Chaos

- Old files – invoices, receipts, bills, warranties,
- Office supplies
- Kid’s old projects, school papers, artwork

Electronic Chaos

- Old computers, monitors, keyboards, etc.
- Old cell phones and landline phones
- Old cameras
- Old music devices (mp3 players, cassette tape players, etc.)
- VCRs, Tivos,
- Excessive amount of cables
- Old software CDs and manuals

Garage Chaos

- Unused and broken tools
- Old chemicals/paints
- Seasonal decorations not used anymore
- Toys/bikes, etc. that have been outgrown or discarded
- Unused gardening tools
- Unused sports equipment

Kitchen Chaos

- Appliances you never use
- Gadgets you never use
- Too many plates, cups, bowls, pots, pans, knives, flatware
- Platters and serving dishes that are never used
- Countertop knick-knacks that serve no purpose
- Cookbooks
- Recipe you never use
- Duplicates of gadgets you do use
- Crystal and china you never use

Digital Chaos

- Too many email/newsletter subscriptions
- Email inbox
- Delete poor quality/similar or duplicate pictures
- Delete music, movies, games you don’t play
- Clean up your desktop and sort items into folders not kept on your desktop
- Too many notifications on your iphone, ipad or desktop that distract you

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