

January 2026

31 ways to get a clean start

Clean Nutrition:

- Cut added sugar
- Try a dairy-free day (or week or month!)
- Try a meat-free day (or week or month!)
- Try a booze-free day (or week or month!)
- Cut processed foods for a day (or week or month!)
- Ditch plastic-bottled beverages and replace with glass or stainless steel reusable bottles
- Switch to organic produce
- Replace plastic food containers with glass

Clean & Clutter-free Home:

- Toss old cosmetics and toiletries
- Clean out fridge
- Clean out pantry
- Identify and organize hazardous waste so it's ready for Hazardous Waste Drop-off Day (3/15)
- Pack a bag of clothing in good condition for donation
- Pack a bag of clothing in poor condition for trash
- Empty medicine cabinets of expired medications
- Treat yourself to a houseplant that filters the air (snake plants are great purifiers)
- Switch to natural cleaning products like baking soda, vinegar, and Castile soap or a steamer

Digital Detox:

- Unsubscribe from email lists you don't read
- Unfollow social accounts that cause agitation
- Remove social apps from phone
- Implement screen time limits on phones/tablets
- Enjoy a media-free day
- Delete unused apps
- Turn off unnecessary notifications

More Mindful Choices:

- Try aluminum-free deodorant
- Use fragrance-free detergent
- Refrain from gossip
- Cut violence from tv/movie watchlist
- Try a day (or week or month!) without swearing
- Floss every day
- Decline one thing you "should" do