

Under the influence of marketing and low prices, we often buy more than we need. Many houses are full of things that are rarely or never used. And that's a shame. For the planet, for your wallet and even for your health.

That's why we're organizing a declutter monthly challenge in January.

In this challenge you will put 1 extra thing aside every day. So the first day 1 thing, second 2 and the third 3 and so on. After a month we meet to put the items to meaningful use. Enjoy the peace of mind of an empty house. Amaze yourself how many things have been sitting unused in your house for a long time. By decluttering you can more easily break free from the addiction of purchasing power. Experience that the moments of happiness from beautiful experiences last longer than those from purchasing things.

What can decluttering do for you?

- 🍀 Always a tidy house
- 🍀 You become more decisive
- 🍀 You have less stress
- 🍀 You buy less
- 🍀 You can relax optimally at home
- 🍀 You can even lose weight

In short, it makes you greener, healthier and happier!

Wat do we offer with Groen Gezond Gelukkig during this monthly challenge?

We support the challenge through tips, encouragement and setting up a joint WhatsApp group. In the app group you can also help and assist each other.

If there is a need, we will organize a meeting in mid-January to get together with the participants. Here you can exchange experiences, discuss what problems participants experience, encourage each other and take a moment to reflect on how well everyone has already done.

If more support is needed, we can help you for a fee determined by you.

A meeting after the month to give the items a new purpose

After the monthly challenge we have a meeting. We invite various parties to this meeting that can offer a new life or new purpose for the items. Think of the repair café, circular department store, thrift store, giveaway shop and other initiatives where items or raw materials are reused.

When do we start

In January we start the month of good intentions. We will repeat this in April when people do the big spring cleaning. If this is successful, we intend to repeat this annually.

