

THE KONMARI METHOD



DECLUTTERING

GUIDE+CHECKLIST

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Marie Kondo claims that her approach provides a simple, smart, and effective way to banish clutter forever. All you need to do is follow specific rules, sort your belongings into categories, and tackle these in the right order.

The key is to focus on what you want to keep rather than what to get rid of. Get your hands on every single item you own to ask yourself if it “sparks joy”.

Applying the KonMari Method is a priceless learning opportunity. One that allows you to reassess and fine-tune your relationship with your possessions and to create a home that brings you the most joy.

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6 Basic Rules

No. 1: Commit yourself to tidy up.

No. 2: Imagine your ideal lifestyle.

No. 3: Finish discarding first.

No. 4: Tidy by category, not by location.

No. 5: Follow the right order.

No. 6: Ask yourself if it sparks joy.

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Additional Tips

- *Don't let your family members see what you discard (from your own things!). You don't help them if they feel urged to dig out stuff from the bin just because of sentimental reasons.*
- *Don't pass on items to family and friends just because you want to get rid of these things. Ask them first what they really need or are planning to buy. Don't hand-down the clutter!*
- *Don't discard items from your partner or family members without asking. Even if you're totally convinced that they'll never think of that item again. What you can do if your partner or family members have a less strict approach to tidying up is to make it better. And to give support if they ask for help.*
- *Finally, don't change the method to suit your personality. It won't work. However, the level of tidiness you're aiming for is totally up to you.*

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5 Categories

1

CLOTHES

Start your decluttering journey with the easiest category.

2

BOOKS

Discard all books that don't spark joy. You'll most likely never read them.

3

PAPERS

Basic rule: discard everything (with very few exceptions, such as legal documents).

4

KOMONO

Divide Komono (miscellaneous items) into subcategories as necessary.

5

SENTIMENTAL ITEMS

Declutter sentimental items last. Never forget, memories are in your heart, not attached to things.

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A wire basket filled with folded white socks sits on a textured rug. The background is softly blurred, showing warm bokeh lights. The text is overlaid on this scene.

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CHECKLIST FOR EACH OF THE 5 CATEGORIES

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Category 1: Clothes

DATE

COMMITMENT

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

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Category 1: Clothes (cont.)

EMOTIONS

LESSONS LEARNED

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Category 2: Books

DATE

COMMITMENT

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

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Category 2: Books (cont.)

EMOTIONS

LESSONS LEARNED

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Category 3: Papers

DATE

COMMITMENT

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

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Category 3: Papers (cont.)

EMOTIONS

LESSONS LEARNED

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Category 4: Komono

DATE

COMMITMENT

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

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Category 4: Komono (cont.)

EMOTIONS

LESSONS LEARNED

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Category 5: Sentimental Items

DATE

COMMITMENT

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

Subcategory: _____ ☐

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Category 5: Sentimental Items (cont.)

EMOTIONS

LESSONS LEARNED

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GET STARTED!

I truly hope you'll profit from the tidying process as much as I did. Take it as an opportunity to identify what's really important to you and what you love. Because then you can create an environment that supports you and your individual lifestyle in the best possible way.

Christine

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