

# KONMARI METHOD

The KonMari Method™ is a decluttering and organizing approach created by Marie Kondo - the author of New York Times bestseller "The Life-Changing Magic of Tidying Up".

Here are the six core principles of this organizational method so that you can get started:

## **1) Envision your ideal life**

Before you start tidying, it is important to visualize your ideal home and lifestyle. Really think about why you want to tidy and what your ideal home and life should look and feel like. This will help you push through when you struggle.

## **2) Commit yourself to tidying up completely**

It is important to complete your tidying undertaking in one shot or at least within a reasonable time frame. This way, you can actually SEE the progress you are making and are motivated to keep going. You are more likely to finish quickly and not experience relapse to a cluttered state.

## **3) 1st step: discarding / 2nd step: organizing**

You should finish discarding first before you start storing the items you decide to keep. This is a very important principle because you can only assess the available storage space and where to best put your things once you are done with decluttering. Thus, keep in mind to complete step 1 before moving on to step 2.

## **4) Tidy by category, not by location**

It is key to tidy by category rather than by location/room. The main reason behind this is that you can only grasp what you have and how much of it if you gather all the items of one category in one spot. Only then you are able to make informed decisions about whether to keep or discard items.

## **5) Adhere to the correct category order**

Belongings are divided into five main categories:


1. Clothes
2. Books
3. Papers
4. Komono (miscellaneous items)
5. Mementos (sentimental items)

You progress from generally easier (clothes) to more difficult (mementos) categories. Doing it this way helps you to not get stuck right at the beginning. You learn how to make discarding decisions and get comfortable with the whole process as you progress towards more difficult items.



# KONMARI METHOD: 01

## Clothes

- 
- Tops**
  - Bottoms**
  - Dresses**
  - Outerwear**
  - Socks**
  - Underwear**
  - Bags / Purses**
  - Accessories / Belts / Hats**
  - Jewelry**
  - Gym / Swim**
  - Costumes / Events**
  - Shoes**
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# KONMARI METHOD: 02

## Books

- **General (Pleasure Reading)**
- **Cookbooks**
- **Phone Books**
- **Visual (Photo-type Books)**
- **Magazines**
- **Reference Books (Dictionary)**
- **Children's Fiction**
- **Children's School / Non-Fiction**

# KONMARI METHOD: 03

## Papers

- ❑ **Warranties / Manuals**
- ❑ **Pay Stubs**
- ❑ **Bills / Statements / Notices**
- ❑ **Insurance Documents**
- ❑ **Birth / Marriage Certificates**
- ❑ **Court Paperwork**
- ❑ **Taxes**
- ❑ **Notes from Lectures**
- ❑ **Loose Recipes**
- ❑ **Coupons**
- ❑ **Used Checkbooks**
- ❑ **Business Cards**
- ❑ **Greeting Cards**
- ❑ **Gift Wrap & Tissue**
- ❑ **Thank-You Notes**



# KONMARI METHOD: 04A

## Komono

### KITCHEN:

- Paper or Plastic Bags
- Reusable Shopping Bags
- Zip Top / Fold Top Bags
- Storage Containers
- Lids
- Disposable Dishes
- Paper Towels / Napkins
- House Plants
- Seeds / Cuttings
- Pots & Pans
- Cutting Boards
- Casserole Dishes
- Steamer Baskets
- Mixing Bowls
- Baking Pans / Tins
- Baking Utensils
- Baking Accessories
- Racks
- Coffee Mugs
- Thermo Cups
- Glasses
- Stemware
- Water Bottles
- Plates & Bowls
- Serving Utensils
- Knives
- Silverware
- Cooking Utensils
- Small Appliances
- Canning Equipment
- Dish Towels & Rags

### General

- CDs and DVDs
- Valuables: passport, foreign currencies, wallets, credit cards, bills, small change, coupons, certificates, etc.
- Laundry items
- Cleaning equipment
- Emergency equipment
- Sewing kit materials
- Tools
- Paper and plastic bags
- Seasonal decorations
- Rain gear
- Special occasion goods
- Other

# KONMARI METHOD: 04B

## Komono

### Bath and Bed

- Body and skin care items
- Hair care items
- Cosmetics
- Hygiene care: q-tips, nail clippers, etc.
- Beauty and hair appliances: blow dryer, hair straightener, etc.
- Relaxing goods: candles, essential oils, etc.
- Medicine
- Cloth items: Towels, Linens, Sheets, Bedding, etc.
- Consumables: tissue, toilet paper, etc.
- Other

### Office

- Stationery goods
- Tools: pens, scissors, staplers, hole puncher, ruler, etc.
- Paper: notebooks, memopad, post-its, binders and files
- Letters: postcards, letter paper, envelopes, stamps
- Electronics
- Electronic devices: computer, phone, digital camera, portable games, electronic dictionary, etc.
- Electronic cords: extension cords, chargers, earphones and other accessories
- Other electric items: memory cards, USB, ink cartridges for printers, batteries
- Other





# **KONMARI METHOD: 05**

## *Sentimental*

### **Momentos**

- Keepsakes**
  - Heirlooms**
  - Letters**
  - Photos and negatives**
  - Journals and scrapbooks**
  - Awards, certificates, diplomas, trophies, medals, etc.**
  - Yearbooks**
  - Artwork**
  - Dolls and stuffed animals**
  - Pictures & Albums**
  - Completed Scrapbooks**
  - Personal Letters**
  - School Mementos**
  - Other**
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