

# HOW TO DECLUTTER THE 'KONMARI' WAY



DOES IT INSPIRE JOY?

1. Create the space—a quiet space is ideal as it allows you to better hear your internal dialogue.
2. Morning is the best time to work—when your mind is clear and your power of discernment is sharp.
3. Sort by CATEGORY, not location. We begin with Clothing *Tops*, then move down the Checklist for maximum ease and efficiency.
4. Collect EVERYTHING within one category together in ONE place. Start with **all of your tops**. This means EVERYTHING: summer, winter, storage, laundry.
5. Within a clothing category, it's easiest to start with **out-of-season** items. If it's spring, start by touching summer tops first—the ones you haven't worn in the longest.
6. Handle each item in its own turn. Pick it up. Ask yourself: 'Does this spark joy?' Listen to your body's response. If the item does not spark joy, THANK it for its service and release it.
7. Focus on what you are KEEPING in your life, what speaks to your heart, what brings you pleasure. Don't focus on the old, potentially negative energy of what you're releasing.
8. Having a hard time letting go of something that does not spark joy? Consider why you have the item in the first place. Reassess its role in your life—has it already fulfilled its function?
9. You may have a keep pile, a discard pile *and* a gray area pile to revisit at the end of each category (tops, etc). Sometimes this helps you move through the process more efficiently.
10. It's important **not to downgrade** clothing you *used to love* to Loungewear.
11. Fold & Store clothing vertically so you can see everything at a glance. For efficient storage, fold whatever can be folded. Hang clothes that look happier hung (airy or structured pieces)
12. Organize your closet so it rises to the right. Heavier, longer pieces at the left, lighter, airier, shorter pieces to the right. This will make you happier when you look at it because it is moving in positive direction.
13. Remove all labels and tags from your clothing—so they truly belong to you.
14. For the items you've released: Don't let your family see the discard pile or items will get pulled back into circulation!
15. **Fully release items as soon as possible**, by removing them from your home and car, taking them to consignment or goodwill. You will feel lighter when you do.