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# THE KONMARI METHOD- THE ULTIMATE BEGINNERS GUIDE TO GET YOU STARTED



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## **Abstract**

Learn everything you need to know about the KonMari Method. This complete guide will walk you through every step.



## **Getting Started**

The KonMari method is a way of organizing and maintaining a clean home that was started by Marie Kondo.

### **I. Who Is Marie Kondo?**

Marie Kondo grew up in Japan. According to her website, she began an organizing business at the age of 19. Her business grew very quickly. She first wrote the book *The Life-Changing Magic of Tidying Up* in 2011 entirely in Japanese.

The German translation was released in 2013 and the English translation was published in 2014. By the time her book was released in English, she was a Japanese celebrity.

### **II. What Is The Konmari Method?**

The concept seems laughable. But all of your friends are talking about how they are throwing away all of their stuff.

You just can't seem to escape the KonMari Method buzz.

You can thank Netflix because they are the ones who recently launched a TV show that re-ignited the popularity of a trendy book about how de-cluttering can change your life, "The Life-Changing Magic of Tidying Up."

We tend to collect a lot of junk. We fill drawers, closets, and entire rooms with treasures that we don't need. All of this stuff takes up mental and physical space and most of the time we don't even realize how much it's impacting our day-to-day life. But I am here to tell you that all of that stuff is impacting your life. It may not seem like it, but clutter has this way of slithering into your brain and hanging out there.

And if you stop and look around, it is easy to see how much clutter you really have. That is what the KonMari Method is all about — helping you understand clutter and why it is poison. Knowing this information will help you gain the momentum you need to get rid of it for good! Are you with me?!



### **III. Who Invented The Konmari Method?**

The KonMari Method was invented by the incredible Marie Kondo. When she writes you feel like you're getting much-needed advice from a dear friend at your favorite coffee shop.

She is building an empire around the magic of decluttering. According to her website, "Marie Kondo is a tidying expert, best-selling author, star of Netflix's hit show, "Tidying Up With Marie Kondo," and founder of KonMari Media, Inc."

She also hosts live workshops where she teaches her biggest fans how to become tidying consultants. She is doing everything, and everyone is excited about it! But what is all of this hype about?

#### **✚ What Does KonMari Mean?**

The KonMari Method is named after Marie Kondo. As you can see the term combines her first and last name to create the catchy phrase KonMari. However, this phrase is now used as a verb all over the place. Just the other day my friend sent me a Snapchat with a picture of a drawer that said, "I KonMari'ed the crap out of this drawer."

The overall purpose of the KonMari Method is to help you learn how to become a minimalist so that you can enjoy the many benefits of living a life with less clutter.

#### **Supplies You Need To Get Started**

- Your dwelling (home or apartment) filled with items
- A copy of "The Life-Changing Magic of Tidying Up"
- A few days of free time throughout the next few months
- Shoe boxes or other small boxes that you have around your house

#### **What You Don't Need**

Marie recommends that you don't buy more stuff to help you declutter! Do not run to your nearest Wal-Mart and buy a bunch of big tubs or plastic drawers before you get started.

#### **KonMari Method Basics**

The KonMari Method has a list of non-negotiables. Marie Kondo preaches that there is only one way to achieve success with her method and you as the reader

are expected to follow this methodology. If you skip steps or decide not to follow certain parts of her plan you risk not being able to experience the life-changing magic of tidying up fully. Again, make sure to read the book to get all of the juicy details about this process. For now, here are some things to keep in mind.

### **Visualize**

If you know anything about manifesting, you know that you have to be able to see your new life in your mind to believe that your dream of a decluttered space is possible. Marie encourages you to take some time to envision what you want your home to look like. How could your current area be set up to bring you more joy?

### **Checklist**

Marie provides you with a checklist that you will work through so that you don't forget any major categories. Based on the checklist you will start with decluttering clothes and end with the more sentimental items. Marie's process enables you to get better at letting go of the excess stuff that you don't need. The more you work your decluttering muscles, the stronger they will get. Again, I urge you not to jump into decluttering without reading, "The Life-Changing Magic of Tidying Up." You will not succeed if your only information about the method is from the show you saw on Netflix.

### **Timeline**

If you are thinking about starting to declutter using the KonMari Method, then you should probably forget about most of the other stuff you have read about minimalism on Facebook or elsewhere. There's a lot of bad advice out there on decluttering. Some say that you should throw one thing away per day and others recommend that you do a 30-day challenge. These methods are nonsense and will not leave you with a feeling of inner peace at the end. The KonMari Method does not require you to follow a strict timeline, but she does expect you to be swift. The entire process should take no longer than six months, and you should make each decluttering day into a special occasion. You should feel excitement and joy as you welcome more freedom from stuff into your life.

### **Folding**

The KonMari Method has expectations on how you fold your clothes based on techniques grounded in origami. This is important for many reasons. Some of these reasons include; your clothing will fit neatly in drawers, when you open your drawer you will be able to see each item that you own which makes deciding what to wear simpler, and when you fold your clothes you will be able to recognize damaged pieces that need to be thrown out easily.



A new way of folding might be hard to get used to at first. Especially if you have been folding a certain way your entire life. However, I have faith that you can do it! I was even able to get my husband on board. Everything will look so much neater when you fold your items with the KonMari Method in mind.

### **Everything Has A Place**

Once you are finished with the KonMari Method everything you own will have a place. That means you will have to say goodbye to your beloved junk drawer. Marie believes that every item you own has a home and those items should be placed back in their special spot after each use. She has a good reason for this. After you put things away in their own space enough times the routine becomes a habit, and that is what ultimately helps you keep your home tidy in the long run. It took me a while to get used to putting my hair dryer away each morning

instead of leaving it on the counter, but she is right! It's refreshing to come home to a bathroom that doesn't have cluttered counters.

### **Your Closet**

This one might surprise you. Your closet will now have more purpose than ever because you don't just store the stuff you need in your closet. Your closet will be filled with items that you need and sentimental items that have no other place. Some of these things might be an eyesore, and others just don't look quite right being out in the open. Think your favorite band t-shirt from college or artwork created by your child. Marie wants you to keep the things that bring you joy even if they don't belong on display. She wants you to see these items often because they mean so much to you. Therefore, you should decorate your closet with lovely mementos that create all the warm feelings in your heart.

### **Your Purse**

Imagine always having a clean purse or wallet instead of having one filled with gum wrappers and crumbs. The KonMari Method provides clear expectations on how you manage the bags that you carry daily. The hope is that you will empty the entire bag each evening when you get home and put the entire contents back into the location where they belong. Thus you won't have to carry around things you don't need each day.



## **Understand What Sparks Joy**

One unique aspect of the KonMari Method is the underlying philosophy that each item you have in your home carries a consciousness or spirit. Marie believes that the items in your home feel sad when they are stashed away where no one can enjoy them and happy when they are being used to their fullest potential.

Therefore, when you are working through the KonMari Method, you are required to hold each item and ask yourself whether that item sparks joy within your heart. If it doesn't then it needs to go because it could be of better use to someone else who might have a purpose for it.

Understanding this aspect of the KonMari Method is really helpful. Being in tune with the magic happening around you will open you up to feeling the amazing little sparks of joy that ignite when you hold an item you truly love.

Now that you understand the basics of the KonMari Method it's time to dive in!

## **Marie Kondo Method: Declutter And Tidy Your Home**

There are countless benefits of de-cluttering a house. Removing unwanted items can make your house look spacious, clean and organised. This can also help you embrace the minimalist approach where less is more. People live a quality life when they have only the necessary items in their homes. This saves cleaning hours, energy and money.



It is good to de-clutter your house according to the Marie Kondo method, as it has taken the world by storm. This is one of the most brilliant methods to keep your house organised and de-cluttered on a regular basis. You can also donate the pre-loved items to the underprivileged people in the society and make a big difference.

If you want to de-clutter and tidy your abode using Marie Kondo's method, keep the following tips and tricks in mind:

### **1. Follow the Six Basic Rules of KonMari Method**

If you want to get the most out of this method, stick to the six basic rules when sprucing up your house.

- Make sure you are committed yourself when tidying your home. It is good to spruce up every nook and cranny one by one.
- Imagine Your Ideal Lifestyle because people want a relaxed, comfortable and quality life that will spark happiness. So, keep this thing in mind when de-cluttering your home. Keep items in your abode that reflect your lifestyle.
- Finish discarding first: It is good to cherish the belongings that bring you happiness and let go of the ones with gratitude that you no longer need.
- Make sure you tidy up your home by category instead of the location. For example, books, furniture, clothes, sentimental items, papers, etc. are categories that need to be stored if sprucing up your home.
- It is important to follow the right order. Start with your clothes, books, papers, komodo (various items) and sentimental items as it is more effective, manageable and time-saving.
- Ask yourself if it sparks. Keep the items that brought joy to your life. For that, you need to ask yourself and discover what sparks joy.

### **2. De-clutter Before Organising Your Space**

According to Marie Kondo's method, it is always good to de-clutter your cabinets, cupboards, shelves and rooms so that you can eliminate items you no longer need.

Most people move items here and there instead of tossing them, and this creates an illusion. So, the best way is to clear the mess, throw the broken and empty stuff and organise your space.

It is always good to de-clutter your house based on your personality type. This will make things easy for you.

### **3. Sort Items by Categories**

It is always advised to de-clutter your home by categories instead of a room. This will keep the process organised and save you a lot of time and energy. Here are five common categories that can be sorted easily:

- Clothes
- Books
- Papers
- Komono or Miscellaneous items
- Sentimental Items

Check each item with care and discard those that lack value. Put everything outside the cupboards, cabinets and shelves so you can easily decide what to keep and discard. Choose the items that spark happiness and joy and discard the ones that hold no value.

### **4. Fold Vertically**

If you want to tidy up your home like a pro. Arrange clothing, bed linens, towels and clothes vertically. This will make extra space for other clothing and make your wardrobe or drawers look organised. Plus, it becomes easier to find items when looking for them.

The idea is to make clothes compact for closets, drawers, and other storage units. It is also an act of showing an expression of love and care for the way these clothes support your ideal lifestyle.

### **5. Let Unwanted Items Go With Gratitude**

It is obvious to throw away items you no longer need. So, do not feel guilty after tossing anything during the de-cluttering process. Instead, let go of unwanted stuff with gratitude. This will bring positivity to your mind as well.

A house with less items is easy to clean. You will also get motivation to clean a house if it is not loaded with unnecessary stuff.

## **6. Decide Does it Spark or Not**

Sometimes, it is difficult to decide when to get rid of items. When doing it by category, you can check out each stuff and ask whether it sparks your life. It is one of the best ways to stay organised throughout the process.

## **7. Arrange Storage Containers**

If you want to organise your household items, you should focus on arranging storage bins and boxes to save more space in your abode.

The storage containers allow you to put items according to the categories in a streamlined manner.

Nothing can go wrong if you follow the Marine Kondo method while de-cluttering and tidying your home. These simple techniques or hacks will make your life easier and our house spacious. Do not forget to de-clutter when running at the end of your tenancy. This will help professionals to carry out the end of lease cleaning Melbourne without any distractions.

## **IV. The Konmari Method Of Organizing**



## **Konmari Method Steps**

In her book and television show, Marie Kondo's KonMari method takes you on a journey of tidying up. This guide will explain and describe the massively popular method. If you want to learn even more, buy the New York Time's Best-Selling book *The Life-Changing Magic of Tidying Up*.

In Marie Kondo's method, there is a respect for things, elevating possessions to where they deserve respect and gratitude. As you read her book, you will be transported to a mindset that has spiritual elements to it.

### 1.) Let Go Of Things That Don't Matter

The first place to start with KonMari is to prepare to remove things from your home that don't hold any value. This method is minimalism at its best. You'll go through the five categories of your possessions and try to donate or throw away a portion of them.

As you give away your old clothes or books, thank them for the role they played in your life. This mindset will be explained shortly.

### 2.) Only Keep Things That Spark Joy

What sets this method apart from other types of minimalist organization methods is Marie Kondo's focus on sparks of joy.

In her book and on her Netflix show, she urges people to pick up an object. Does it "spark joy"? If not, give it away.

What does "spark joy" mean? It's an emotional reaction, much like you might feel when you pet a puppy or hear a baby giggle.

Some people are more sensitive to the spark of joy than others. If you don't feel anything when you touch a shirt or book – even things that hold tremendous sentimental value – it's ok. The most important thing is to only keep the items that you cherish and/or use regularly.

### 3.) Treat Your Possessions As If They Are Alive

In the KonMari method, Marie will spend time "greeting" a home. She tells people to thank their possessions as they put them away and give them away.

This might be because when you respect your possessions, you are more likely to put them where they belong and keep them tidied up.

#### 4.) Organize Things In Order

Another striking part of the KonMari method is how she organizes things by category, not by room. Instead of going room by room, she organizes types of possessions, all at once.

These are the KonMari categories, and their explanations.

- Clothes – Put all the clothes from each member of the family on their own bed. Yes, all the clothes. It might look like a giant mountain of fabric. Then, go through and touch every single piece of clothing. Does it spark joy? Keep it. If not, thank the clothing and give it away.
- Books – Not surprisingly, this is the most divisive part of the entire method. So many people have emotional connections to their book collections. It's important to only keep the books that mean something to you, and not just collect them erroneously.
- Papers – Today is the digital age. All paper can be scanned and saved to the computer. Go paperless if you can.
- Komono (Miscellaneous stuff) – This category is very broad. It includes everything else – the kitchen, living room, bathroom stuff, literally everything that isn't a book, paper, clothes or sentimental things.
- Sentimental – Save this one for last. After you minimize every other category, begin to display your sentimental items. This is all part of making your home bring you joy. Family photos and other memories spark joy in a very unique way.

#### 5.) Sort In A Way That Brings Joy

Finally, as you put things away, you want to sort everything you are keeping in such a way that it brings you joy to look at it. Have you felt a certain joyful satisfaction when looking at organization images on Pinterest? That's the feeling you want to aim for in your own home as well.

Here are a few organizing ideas that could bring you joy.

- Arrange clothes in a drawer in a color-gradient – Start with dark clothes and end with the lightest colored ones.

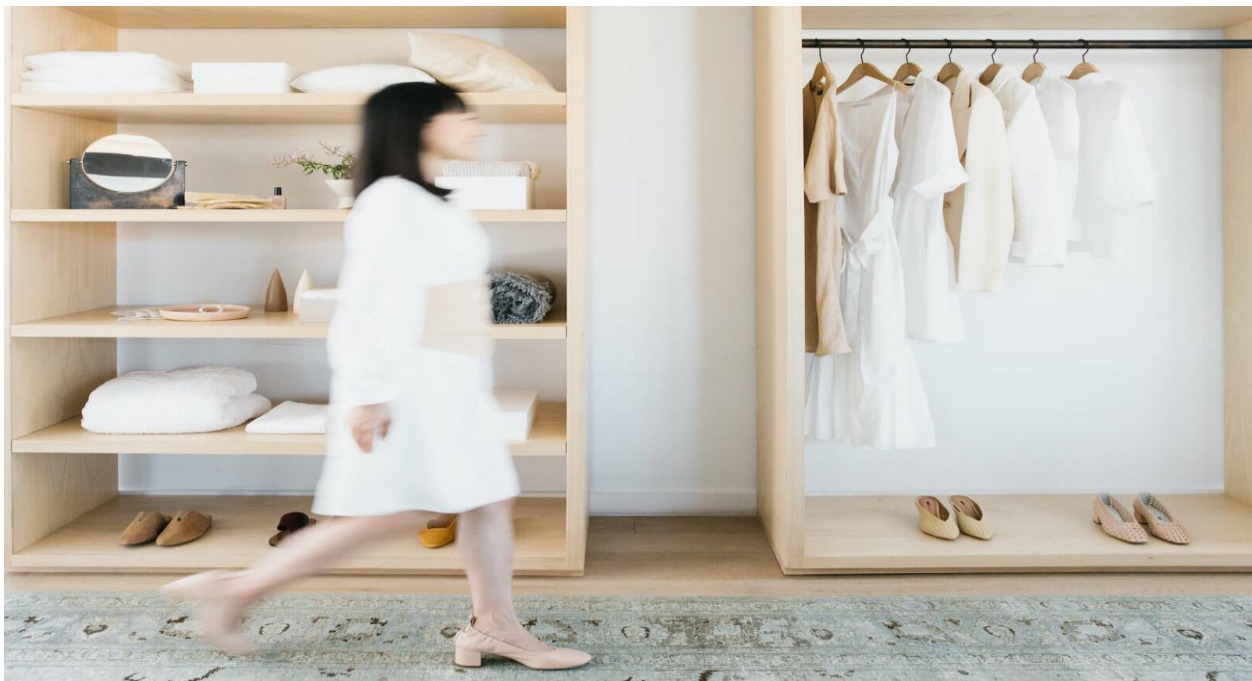
- Hang clothes in a closet from longest hem to shortest – organize clothes by the length of the hem.
- Use boxes everywhere – Sort your drawers and all your shelves using small boxes. You can even use smaller boxes inside larger boxes for even more beautiful organization.
- Organize books by size and color – A rainbow of books can best be shown off if you sort them by color.
- Fold clothes so they are standing up – This is known as the KonMari folding method. There is more about that later on in this guide.

### 🌈 How Long Does The Konmari Method Take?

Depending on how much help you have, it could take quite a bit of time. According to Vox, it could take up to 6 months to completely organize your entire home.

The most important thing is to pace yourself. Tackle each category one at a time before moving onto the next one. Split up the Komono (miscellaneous) category into small chunks if you need to.

## V. Organizing Mistakes to Avoid With the KonMari Method



If you're familiar with Marie Kondo's book "The Life-Changing Magic of Tidying Up: the Japanese Art of Decluttering and Organizing," you might be tempted to apply her KonMari Method of tidying to your own living space. But before you begin this popular way of sorting and organizing, take a minute to consider these five mistakes people make when "Kondo-ing" their home.

### **Don't Rely Too Much on 'Joy'**

The breakout idea from Kondo's book is the notion of an object "sparking joy." Kondo tells clients to hold every item they own in their hands, and physically sense whether or not it sparks joy. If yes, the item stays. If not, out it goes. Asking if an item sparks joy invites you to be honest about not only what sparks joy, but also what you need, which is the goal of the method.

For some, this idea resonates immediately. But for others, it's less useful. Some find it difficult to associate the feeling of joy with any material thing—especially one that is necessary but boring, like a toilet brush. Conversely, some people delight in nearly everything they own, regardless of whether or not it's helpful to them in their current life. Think of a beautiful skirt you bought 10 years ago and have never worn, but keep it in the back of your closet because you just love it. It might spark joy, but that doesn't mean it shouldn't be given to someone who would actually use it.

If "sparking joy" doesn't help you, think of a different question, such as "Is this item truly beautiful or useful?" or "If I saw this at a store today, would I rush to buy it?"

### **Don't Start Decluttering Without a Plan**

Kondo's book inspired readers to begin discarding things immediately. It's tempting to simply start decluttering. But the "life-changing" tidying Kondo promotes is not effortless. It takes a good deal of time, and, if you follow her method exactly, mental, emotional, and even physical energy.

If you haven't done a major purge in a long time, make sure you have at least several days to devote to this project and that you're rested and free of distractions. (If you have kids or meddlesome roommates, you might want to wait until they're out of the house). Think of it as preparing for a move; it's easier when you're not rushing or multitasking.

Tips

Commit to setting aside some time to work regularly on decluttering your space, one category or room at a time.

### **Adapt the Method to Your Needs**

Kondo is adamant that her instructions must be followed to the letter, but some of them assume particular types of living space, storage capability, and beliefs. If in reading the book all its specifics speak to you, then it's unlikely you will make this mistake. But if your individual needs or lifestyle makes it impossible to take Kondo literally, you can still declutter and organize your home.

Think of tidying tips like workout, finance, or relationship advice. Take what works for you, but don't try to squeeze yourself into a mold intended for someone else. Your environment, culture, or living arrangements might make some of Kondo's steps unnecessary or not applicable, even if the general process inspires you.

### **Maintain Your New Clutter-Free Space**

On maintenance, Kondo notes that once you've done so correctly, tidying jobs become less taxing. She makes a distinction between "special event tidying" (the major purge) and "daily tidying." It is true that when you get accustomed to living with less, it can become second nature to live clutter-free. But "daily tidying"—such as not letting mail pile up and putting everything back in its proper place—is the real backbone of living a tidy life.

The KonMari method can encourage people to part with unnecessary old items, but don't assume you won't have to adjust your behavior long-term to keep it up. Using the KonMari Method is committing to a lifestyle change and maintenance is required to upkeep any lifestyle.

### **Finish What You Start**

With any home project, it's easy to be excited initially then lose steam partway through. If this happens to you with KonMari, it doesn't mean you're incapable of decluttering. Perhaps you aren't yet ready to change your lifestyle, or you prefer to transform your habits more gradually. Ask a trusted partner/friend to help or hire a Certified KonMari Consultant to guide you through the process.

There are many ways to declutter, and if Kondo's is not as life-changing as you'd hoped, there's another method out there for you.

## **VI. Konmari Success Tips**

So, are you ready to minimize and find joy in your home? Here are some tips for being successful with this method.

### **1.) Buy The Book**

Above all, the best way to find success with the KonMari organizing method is to buy the book. This guide is super helpful, but nothing is as reliable as first-hand accounts.

As you read the book, leave notes for yourself and start creating an action plan.

### **2.) Create A Schedule**

Now that you know what you need to accomplish set aside some time to sort through all your stuff. The photo below is a lovely way to establish a priority list for everything you own.

The best part about the checklist below is how the Komono category is split up into subcategories.

### **3.) Become Sensitive To Joy**

You will be even more successful if you become sensitive to the feeling of “joy” when it comes to possessions. That is one of the pillars of this entire method.

Practice it a few times. If you are a more practical person and trying to attach feelings to things is foreign to you, try to think of everything you sort as useful or not.

### **4.) Prevent Overfilling Again**

After you find a place for everything you own that brings you joy, maintain your tidy space. If you receive gifts, create a space for them to live. This might mean removing other things from the home.

Make it a habit to go through your things and donate some of them if you start running out of room or find yourself stuffing things haphazardly in drawers.

### **5.) Buy Boxes And Containers**

Another key component of the KonMari method is the sorting of items into boxes. So before you begin sorting, make sure you have plenty of boxes on hand.

You can use boxes, baskets, or other containers. And since this organizing process involves seeking joy, invest in matching containers. You will experience a great deal more joy when you see matching baskets and boxes all in a row.

## **6.) Tidy Up With Your Children**

You will be so much more successful at having a KonMari home if you do it with your family. You can't do it alone.

Marie Kondo has said on her show that she folds clothes with her children. They fold their own clothes with her (asking for help when they need it). She also frequently asks her children if certain toys bring them joy. If not, they donate them.

Teaching children how to keep their area tidy and how to let go of things is a valuable life skill. Plus, with you all doing it together, the home will stay tidy longer.

### **KonMari – Is It Right For You?**

Now that you know almost everything there is to know about KonMari, is it right for you?

It is definitely a trend that is sweeping the nation. People are cleaning out closets and donating items in droves. Should you try it too?

If you are more in touch with your feelings and an organized space makes you feel at peace and happy, you should give this a try.

Set up a schedule and get your family involved. You can find inspiration and support online with the #KonMari hashtag. It's amazing what a difference minimalism and a fresh outlook can make.

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