

KONMARI WORKBOOK

A Guide to Implementing
Marie Kondo's
KonMari Process
in Your Home and Life



midlife rambler
Exploring the Best of Life After the Kids are Grown

KonMari Workbook

A Guide to Implementing Marie Kondo's KonMari Process in Your Home and Life

Overview

“The question of what you want to own is actually the question of how you want to live your life.” Marie Kondo, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*


This workbook will take you through an entire KonMari cycle from start to finish. It also includes helpful instructions, links to useful videos, and tips for greater efficiency. Following the workbook will help keep you on track and prevent KonMari Overwhelm - the feeling of panic you may get when you've put all your belongings in the middle of the floor and don't know what to do next!


The workbook is divided into 3 sections:


- **Preparation.** Get clear on why you're embarking on your Tidying Up Mission and what kind of home you want to live. Describe your perfect lifestyle. This will help you keep your ultimate goal in mind as you go through the process.
- **Master Checklist.** The Master Checklist will help you keep track of which categories have been completed and which still need to be done.
- **Category Checklists.** As you go through each of the categories for tidying, follow these checklists to ensure you've thought of everything in each category. The start of each category also has some useful tips for handling the items in the category.
- **Donation Centers.** Where to gratefully donate the items you are discarding.


Master Checklist


Keep track of your progress through your project by completing this Master Checklist as you Tidy Up.



PREPARE
 START DATE: _____
 END DATE: _____


CLOTHING
 START DATE: _____
 END DATE: _____


BOOKS
 START DATE: _____
 END DATE: _____


PAPERS
 START DATE: _____
 END DATE: _____


KOMONO
 START DATE: _____
 END DATE: _____


SENTIMENTAL
 START DATE: _____
 END DATE: _____



Preparation

“From the moment you start tidying, you will be compelled to reset your life. As a result, your life will start to change. That’s why the task of putting your house in order should be done quickly. It allows you to confront the issues that are really important. Tidying is just a tool, not the final destination. The true goal should be to establish the lifestyle you want most once your house has been put in order.”

Marie Kondo, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*

In *The Life-Changing Magic of Tidying Up*, Marie Kondo suggests that you start your tidying process by visualizing your ideal lifestyle. Spending time at the beginning thinking about the end process can help you determine what objects spark joy as you declutter. It’s also important to think about *why* you want your chosen lifestyle. Keep asking yourself “why” until you get to your core value: the real reason you desire a certain lifestyle.

Here's what Marie has to say about imagining your ideal lifestyle:



Imagining Your Ideal Lifestyle (Click to Play)

To get started, ask yourself these questions and write down the answers. Keep asking why until you feel you've reached the core reason. (This can take up to 5 "Why?s" and that's totally okay.)

What kind of lifestyle do you want? Why?

What would that lifestyle look like? What would your living areas look like? What items would spark joy for you? Why?

A large, empty rectangular box with a dashed teal border, intended for the user to write their response to the question above.

What about your lifestyle would make you feel happy? Why?

A large, empty rectangular box with a dashed teal border, intended for the user to write their response to the question above.

Describe, in detail, your perfect day.



Why would this day make you happy?



Other Ways to Prepare

- Create a Pinterest board of images of your ideal life-style.
- Create a vision board with your ideal life represented.



Clothing

“Have you ever had the experience where you thought what you were doing was a good thing but later learned that it had hurt someone? At the time, you were totally unconcerned, oblivious to the other person’s feelings. This is somewhat similar to the way many of us treat our socks.”

Marie Kondo, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*

1. Gather all your clothes from throughout the house and pile everything in one spot.
2. Go through all your clothes, starting with tops and finishing with shoes. (See checklist for exact order.)
3. Handle each item, asking yourself “Does this spark joy for me?”
 - a. If the answer is yes, keep the item.
 - b. If the answer is no, thank the item for its service and put it aside gratefully to donate.
4. Don’t start organizing the clothes you plan to keep until you’ve completed discarding!



Clothing Checklist

Category	Start Date	End Date	Notes
Tops			
Bottoms			
Dresses			
Outerwear			
Socks			
Underwear			
Purses			
Scarves/Belts/Hats, etc.			
Jewelry			
Gym Clothes			
Costumes			
Special Event Clothing			
Shoes			

Organizing the Clothing You Keep

Use these resources to help you organize the clothing you keep.



Marie Kondo's Basic Folding Technique (Click to Play)

- [Everything You Ever Needed to Know about KonMari Folding](#) - Tons of great illustrations about Marie Kondo's folding techniques
- [Marie Kondo's Guide to Organizing Activewear](#)
- [How to Fold Sweaters & Hoodies | KonMari Method by Marie Kondo](#)



Books

“Imagine what it would be like to have a bookshelf filled only with books that you really love. Isn’t that image spellbinding? For someone who loves books, what greater happiness could there be?”

Marie Kondo, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*

1. [You can keep as many books as you want!](#) Marie Kondo tries to keep her own personal collection to 30 books, but she isn’t telling anyone else to do that!
2. Take *ALL* your books from wherever in your house they are stored and pile them all on the floor. If there are too many books to arrange on the floor at one time, use this order:
 - General (Books You Read for Pleasure)
 - Practical (Reference, Cookbook, etc.)
 - Visual (Photography books, etc.)
 - Magazines
3. Handle each book and ask yourself if it sparks joy.
 - If the answer is yes, keep the book..
 - If the answer is no, thank the book for its service and put it aside gratefully to donate.
4. If you really want to push yourself to be ruthless in discarding, keep only the books that belong in your personal Hall of Fame.



Book Checklist

Category	Start Date	End Date	Notes
General Books			
- Fiction Books			
- Classic Literature			
- Thrillers & Mysteries			
- Biographies			
- Memoirs			
-			If you keep a collection of a certain genre (for example, romance novels or horror, enter that here)
-			
-			
Practical Books			
- Reference Books			
- Cook Books			
- Hobby Books (Gardening, Knitting, etc.)			
-			
-			
-			

Visual Books

- Photography Collections

- Art Collections

-

-

-

Magazines

Children's Books

- Fiction Books

- Reference Books

-

-

-

Sorting and Organizing Your Books



Marie Kondo Organizes a Bookshelf (Click to Play)



Papers

"I recommend you dispose of anything that does not fall into one of three categories: currently in use, needed for a limited period of time, or must be kept indefinitely."

Marie Kondo, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*

1. Marie Kondo's Rule of Thumb regarding papers: Discard Everything!
2. Take out all papers such as warranties, leases, magazine clippings, cancelled checks, credit card statements, tax returns, etc.
3. Don't include items such as letters from loved ones or mementos of a past time such as certificate for a valued award. These will be handled as sentimental items.
4. Categorize each paper in one of these 3 categories:
 - Currently in use
 - Needed for a limited period of time
 - Must be kept indefinitely
5. The "Must be kept indefinitely" category can include magazine or newspaper clippings that you wish to refer to later.
6. Dispose of everything else.

Not sure what you "have to keep?" [Here's a list of what documents should be kept and for how long.](#)



Papers Checklist

Category	Start Date	End Date	Notes
Warranties/Manuals			Marie Kondo recommends not keeping any warranties or manuals as that information can typically be found online.
Pay Stubs			
Statements - such as Credit Card Statements, Bank Account Statements, Etc.			
Cancelled Checks			
Bills			
Insurance Documents			
Marriage & Birth Certificates			
Passports & Visas			
Legal Documents			
Leases or Mortgage Information			
Tax Returns			
Business Cards			
Lecture Notes			
Magazine/Newspaper Clippings			
Greeting Cards			
Gift Wrap			

Thank-You Notes			
Coupons			

Organizing the Papers You Keep

Divide all papers into one of two categories:

- Papers that need to be dealt with
- Papers that need to be saved

Papers that need to be dealt with

Keep all papers that need to be dealt with in one designated spot in your house. Store them in a vertical organizer and handle as soon as possible.

Papers that need to be saved

Infrequently used papers such as insurance information can be stored in a simple plastic folder.

Miscellaneous documents, such as newspaper and magazine clippings that you plan to go back and read can be placed in plastic protectors and kept in a notebook. Be ruthless here: how often do you really go back and look at these clippings that you've saved.



Documents & Paper Organization - KonMari Method (click to play)



Komono

“Too many people live surrounded by things they don’t need ‘just because.’”
Marie Kondo, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*

Komono, or miscellaneous items, is probably the largest category you’ll deal with when performing your Tidy Up project. There are a seemingly endless array of subcategories. Marie Kondo gives a sample list of Komono categories, but it’s just a start. I’ve tried to include a more comprehensive list in my checklist, but you may need to add your own categories so I’ve given you several blank spots in the checklist to do just that.

It’s tempting to organize your komono items by room: first the bathroom items, then the kitchen items, etc. but if you follow this method remain alert to items that may be in more than one room and try to store them together if possible.

For example, you may have tissues stored in the bathroom, but also in a closet. Be alert to situations like this as you tidy.

Otherwise, the basics of tidying your komono items is the same as previous categories:

1. Gather all your items in a category from throughout the house and pile everything in one spot.
2. Go through all your items. (See checklist for exact order.)
3. Handle each item, asking yourself “Does this spark joy for me?”
 - a. If the answer is yes, keep the item.
 - b. If the answer is no, thank the item for its service and put it aside gratefully to donate.
4. Don’t start organizing the items you plan to keep until you’ve completed discarding



Komono Checklists

Category	Start Date	End Date	Notes
Kitchen Items			
- Coffee/Tea			
- Alcohol			
- Refrigerator			
- Small Appliances			
- Storage Containers			
- Dishes			
- Stemware			
- Cups & Mugs			
- Silverware			
- Serving Pieces			
- Misc Utensils			
- Cutting Boards/Baking Sheets			
- Mixing Bowls			
- Knives			
- Pots & Pans			
- Oven Mitts			

- Dish Towels			
- Misc			
- Paper & Plastic Bags			
- Reusable Shopping Bags			
- Zip Lock Bags/Aluminum Foil, etc.			
-			
-			

Category	Start Date	End Date	Notes
Pantry			
- Spices			
- Baking Products (Flour, Sugar, Baking Powder, etc.)			
- Canned Goods			
- Boxed Food			
- Dry Goods (Pasta, Dried Beans, Rice, etc.)			
- Snacks			
- Alcohol			
- Snacks			
-			
-			
-			

Category	Start Date	End Date	Notes
Bathroom			
- Skincare Products			
- Shaving Products			
- Makeup			
- Makeup Brushes			
- Hair Products			
- Hair Accessories			
- Hair Dryer/Curling Iron, etc.			
- Soap and Body Wash			
- Intimate Products			
- Toothbrushes & Toothpaste			
- OTC Medications			
- Prescription Medications			
- First Aid Supplies			
-			
-			
-			
-			

Category	Start Date	End Date	Notes
Linen Closet			
- Sheets			
- Comforters & Blankets			
- Towels & Washcloths			
- Toilet Paper & Paper Towels			
-			
-			
-			
-			

Category	Start Date	End Date	Notes
Office & Craft Supplies			
- Credit Cards			
- Gift Cards			
- Reward Cards			
- Envelopes/Stamps, etc.			
- Journals & Notebooks			
- Office Equipment (Label Maker, Shredder, etc.)			
- Stapler, Staples, Tape, etc.			
- Pens & Pencils			
- Glue & Glue Guns			
- Knitting Supplies			
- Cross-Stitch Supplies			
- Sewing Supplies			
- Scrapbooking Supplies			
- Kid's Craft Supplies			
-			
-			
-			
-			

Category	Start Date	End Date	Notes
Garage / Storage			
- Tools			
- Spare Parts			
- Screws, etc.			
- Spare Cords & Power Strips			
- Light Bulbs and Batteries			
- Holiday Decorations			
- Yard Maintenance			
- Gardening Supplies			
-			
-			
-			

Misc.			
- CDs/DVDs/LPs			
- Video Games			
- Electronics			
- Board Games			
- Kids' Toys			
- Pet Supplies			
- Kids' Toys			
- Picture Frames & Artwork			
- Cleaning Supplies			
- Collections			
- Candles/holders			
-			
-			
-			



Sentimental Items

“By handling each sentimental item and deciding what to discard, you process your past. If you just stow these things away in a drawer or cardboard box, before you realize it, your past will become a weight that holds you back and keeps you from living in the here and now. To put your things in order means to put your past in order, too. It’s like resetting your life and settling your accounts so that you can take the next step forward.”

Marie Kondo, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*

You probably have more items in the Komono category, but processing your sentimental items can take a long time as well. Most of us need to carefully consider all the items we’ve kept for sentimental reasons before we can discard them.

Once again, you’ll want to gather all your sentimental items in one place, consider each one and keep only those that truly spark joy.

If you’re having difficulty discarding sentimental items, ask yourself this question: Will the future me need this to spark joy? If the answer is yes, keep the item with confidence and display it where it can spark joy for you on a regular basis.

Here are some resources to help you with your sentimental clutter:

- [Marie Kondo: How to clear out sentimental clutter](#)
- [Marie Kondo’s Best Advice for Dealing with Sentimental Clutter](#)
- [The KonMari Method: Organizing Sentimental Items](#)



Marie Kondo vs. Four Sentimental Parents (Click to Play)



Sentimental Items Checklist

Category	Start Date	End Date	Notes
School Mementos			
Souvenirs from Past Relationships			
Travel Souvenirs			
Sentimental Recordings			
Kid's Artwork			
Diaries and Datebooks			
Scrapbooks			
Letters			
Photos			

Donation Centers

To truly cherish the things that are important to you, you must first discard those that have outlived their purpose. To get rid of what you no longer need is neither wasteful nor shameful. Can you truthfully say that you treasure something buried so deeply in a closet or drawer that you have forgotten its existence? If things had feelings, they would certainly not be happy. Free them from the prison to which you have relegated them. Help them leave that deserted isle to which you have exiled them. Let them go, with gratitude. Not only you, but your things as well, will feel clear and refreshed when you are done tidying.”

Marie Kondo, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*

Naturally, you'll want to donate your discarded items so that someone else can take joy from them. Here are several places to donate your gratefully discarded items.

Organization	Description	Accepts	Where to Donate
Goodwill	Largest Organization in the country. Profits from Goodwill thrift stores help individuals in the community find jobs and build skills.	Most Clothing and Household Items.	http://www.goodwill.org/locator/
Dress for Success	Provides professional attire and other resources to women around the world looking to enter the workforce.	Interview appropriate clothing less than two years old. Jewelry and scarves Panyhose: new and unopened Portfolios to be used for resumes Handbags (briefcases or work appropriate handbag)	https://dressforsuccess.org Select "Find Your Local Affiliate" for donation guidelines for your local Dress for Success Organization

Habitat for Humanity Restore	Proceeds from Habitat for Humanity Restore sales support the local Habitat for Humanity organization.	Home Goods Building Materials Vehicles	https://www.habitat.org/restores/donate-goods
Baby2Baby	Provides low-income children, ages 0-12 years, with diapers, clothing and all the basic necessities that every child deserves.	Baby & Child Needs, including toys. Must be stain-free, undamaged and in good condition	http://baby2baby.org/donate/
PickUp Please	Available in 13 States, Pickup Please will pick up most household items within 24 hours. They then resell your items and use the proceeds to support Vietnam Veterans.	Most Household Items	https://pickupplease.org/
Prison Libraries	Most prison libraries will happily accept your used books.	Books in good shape	https://bookriot.com/2015/09/03/donate-books-prisons/ Each prison has different guidelines and processes. See the link for acceptable books and organizations that will donate your book to prisons.
Little Free Libraries	Little Free Library is a nonprofit organization that inspires a love of reading, builds community, and sparks creativity by fostering neighborhood book exchanges around the world.	Almost All Books	https://littlefreelibrary.org/ourmap/ Find your closest library using the map and then simply drop off your books.

Let's Stay in Touch!

I hope you found this workbook helpful in organizing your KonMari project. Share your pictures on Instagram and tag me (@katykozee) so I can see your results!

Here are some places you can find me. I'd love to connect!



Email: katy@midliferambler.com



Blog: <https://www.midliferambler.com>



Pinterest: <https://www.pinterest.com/katykozee>



Facebook: <https://www.facebook.com/midliferambler>



Instagram: <https://www.instagram.com/katykozee>



Twitter: <https://www.twitter.com/katykozee>