

The Konmari Method Cheatsheet

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1

Clothing

- Take all of your clothes out of closets.
- Handle each item individually and ask yourself if it sparks joy.
- Consider the condition of each item & whether it fits you properly.
- Be mindful of clothes that you are keeping for sentimental reasons.

2

Books

- Collect all of your books from around your home.
- Consider whether each book brings you joy or serves a practical purpose.
- Think about whether you are likely to read the book again.
- Be mindful of books that you have been holding onto for a long time but haven't read.

3

Papers

- Collect all of your papers, including bills, receipts, and documents, into one location.
- Sort the papers into categories, such as bills, personal documents, and work documents.
- Keep only the papers that are necessary or that bring you joy.
- Consider using a filing system or digital storage to keep your papers organized.

4

Komono (miscellaneous items)

- Collect all of your papers, including bills, receipts, and documents, into one location.
- Sort into categories, such as bills, personal documents, and work documents.
- Keep only the papers that are necessary or that bring you joy.
- Use a filing system or digital storage to keep your papers organized.

5

Sentimental items

- This category includes items that have significant emotional value, such as photos, letters, and gifts.
- Handle each item individually and consider the memories or feelings associated with it.
- Keep only the items that truly bring you joy and are meaningful to you.
- Consider taking photos of sentimental items to help preserve the memories while minimizing clutter.

