

The KonMari Method™ is a really simple, straightforward method of decluttering and organising. It's the technique of gathering all of your belongings together by category, only keeping those you love or need, and choosing a place for everything.

There are five categories...

01. Clothes

02. Books

03. Papers

04. Komono

05. Sentimental



*Best of luck,
Jen*



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Category 1: Clothes

Clothing is the first category. Gather everything together in one spot – from everywhere! This will make it easy for you to see clearly how much you have. Tidying using the KonMari Method isn't about discarding, it's about choosing what you want to keep. Items that spark joy. The goal is to clear away clutter and clarify what really matters to you in life.



Activewear



Leggings



Skirts



Bags



Loungewear



Sleepwear



Belts



Coats and Jackets



Socks



Dresses



Trousers



Suits



Hats



Scarves



Jumpers



Underwear



Seasonal Wear



Swimwear



Jewellery



Shoes



Ties



Tights



Shorts



Tops





Category 2: Books

Once you're finished the clothing category it's now time to move on to books. The first step is to take all of them – every single one – off your bookshelves. Declutter your books, and rediscover your interests. Store them back in their correct home in sub-categories – cookbooks, novels, non-fiction... Once you've finished tidying books we'll tackle papers!



Art Books



Educational Books



Coffee-Table Books



General Books



Cookbooks



Magazines



Instructional Books



Reference Books





Category 3: Papers

Marie Kondo's advice for tackling papers is to get rid of them all! Don't worry, realistically you're not going to get rid of all your papers but you should approach them as if you were. This way you will only keep those that are really important. After you have organised all your papers file them in three sub-categories. 1. Papers you haven't dealt with yet. 2. Important documents. 3. Documents you want to save – these are papers that spark joy like recipes or interiors inspiration.



Bank Correspondance



Manuals



Business Cards



Tax Documents



Greeting Cards



Seminar and
Course Materials



Magazine Clippings



Warranties



Insurance Documents





Category 4: Komono

Tidying komono - all other miscellaneous items in your home - can be daunting. But break this category down into lots of sub-categories. Start with whatever is easiest and most accessible. Use the komono checklist to tick off the sub-categories as you go. This will help you stay on track!



Supplies



Electronics



Medicine



Bath and Beauty
Products



Emergency
Equipment



Office Supplies



Batteries



Hair, Skin and Nail
Care Goods



Plastic Bags



Candles and Lighters



Hardware and Tools



Personal
Identification Cards



CDs and DVDs



Items in a Collection



Seasonal Decor



Cleaning Products
and Supplies



Letters



Sewing Supplies



Consumable
Paper Goods



Linens and Textiles



Stationery



Cords and Chargers



Loose Change



Umbrellas
and Rain Gear



Accessories



Cosmetics



Category 4: Kitchen Komono



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Break items in the kitchen into three sub-categories. Tools you use to make food - these include pots, pans, whisks etc. Dishes and cutlery you use to eat food. And finally, non-perishable foods like canned goods and pantry items. Perishable foods in your fridge are not tackled until the very end of all categories.

 Aluminum Foil and Cling Film	 Dishware	 Supplements
 Baking Supplies	 Dried Goods	 Table Linens
 Canned Goods	 Drinkware	 Tableware
 Cleaning Supplies	 Party Wear	 Thermoses and Water Bottles
 Cleaning Tools	 Serving Ware	 To-Go Containers
 Coasters	 Single-Use Goods	 _____
 Cooking Tools (Spatula, Tongs, Etc.)	 Small Items (Toothpicks, Rubberbands, Etc.)	 _____
 Cooking Utensils (Pots, Pans, Blender, Etc.)	 Spices, Tea and Coffee	 _____
 Cutlery	 Storage Containers	 _____



Category 5: Sentimental Items

You've made it to the final category of the KonMari method! Sentimental items can be the most challenging category – your keepsakes, treasures, and cherished mementos. But when you tidy by category in the prescribed order you strengthen your sensitivity to what sparks joy. Trust yourself. Your joy barometer is at its most sensitive now and that will give you the confidence to work through this category quickly and easily.



Artwork



Journals and Scrapbooks



Awards



Letters



Certificates
and Diplomas



Photos



Childhood Mementos



Heirlooms and
Inherited Items




