

The Life Changing Magic of Tidying: The Japanese Art of Decluttering and Organizing

by: Marie Kondo

VISUALIZE

- Visualize your ideal lifestyle

PURGE

- Gather and pile items
- Hold and ask each item: *Does this spark joy?*
 - If yes: KEEP
 - If no: DISCARD and create four discard piles
 - Trash
 - Sell
 - Donate
 - Family/friend NEED specific item

TIDY

- Organize your space (& fold your clothes)
 - Give every item a home

	PURGE	TIDY	
I. Clothes			
Tops (shirts, sweaters, etc.)			<p>Tips for Purging</p> <ul style="list-style-type: none"> ➤ Separate any items the belong to a hobby into own pile (see IV. <i>Miscellaneous > Hobby Subcategory</i>) ➤ "...start with off-season clothes." ... It's the easiest category for tuning in to one's intuition concerning what feels good. (p 68) ➤ Downgrading to "loungewear" is taboo – What you wear in the house does impact your self-image. (p 70) <p>Tips for Tidying</p> <ul style="list-style-type: none"> ➤ The goal is to fold each piece of clothing into a simple, smooth rectangle. (p 76) (see video for how to) ➤ [H]ang any clothes that look like they would be happier hung up... (p 78) ➤ [H]ang clothes in the same category side by side... (p 78) ➤ Arrange your clothes so that they rise to the right. (p 79) ➤ Seasonal clothes – The trick is not to over categorize. Divide your clothes roughly into "cotton-like" and "wool-like" materials when you put them in the drawer. (p 84)
Bottoms (pants, skirts, etc.)			
Clothes that should be hung (jackets, suits, coats, etc.)			
Socks			
Underwear			
Bags (handbags, messenger bags, etc.)			
Accessories (scarves, belts, hats, etc.)			
Clothes for specific events (swimsuits, uniforms, etc.)			
Shoes			
II. Books			
General (books you read for pleasure)			<p>Tips for Purging</p> <ul style="list-style-type: none"> ➤ Unread books – "Sometimes" means "never" (p 89) ➤ Books to keep – those that belong in the hall of fame (p 92)
Practical (references, cookbooks, etc.)			
Visual (photograph collections, etc.)			
Magazines			
III. Papers			
Papers			<p>Tips for Purging</p> <ul style="list-style-type: none"> ➤ Letters requiring a reply, forms that need to be submitted, a newspaper that I intend to read—make a special corner for papers like these that need to be dealt with. (p 97) <p>Tips for Tidying</p> <ul style="list-style-type: none"> ➤ Papers are organized into only three categories: needs attention, should be saved (contractual documents), and should be saved (others). (p 98) ➤ ...warranties: the filing method I recommend is to put them all in a single clear file, without separating them into categories. (p 103)

		PURGE	TIDY
IV. Miscellaneous			
	CDs, DVDs		
	Skin care products		
	Makeup		
	Accessories		
	Valuables (passports, credit cards, etc.)		
	Electrical equipment and appliances (anything that seems vaguely "electric")		
	Household equipment (stationary & writing materials, sewing kits, etc.)		
	Household supplies (expendables like medicine, detergents, tissues, etc.)		
	Kitchen goods/food supplies (spatulas, pots, blenders, etc.)		
	Other (spare change, figurines, etc.)		
	Hobby subcategory 1		
	Hobby subcategory 2		
v. Memento			
	Mementos		

Tips for Purging

- Mysterious cords will always be just that – mystery. (p 111)

Tips for Tidying

- For coats and jackets...I recommend sewing spare buttons to the lining when you first buy them. (p 111)
- Small change – Make "into my wallet" your motto (p 112)

PRO TIP – PURGE

- Sentimental items – Your parents' home is no haven for mementos (p 114)