

THE BEST WAY TO DECLUTTER

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The BEST Way to Declutter (Part 1)

I just recently watched the new show Tidying Up with Marie Kondo on Netflix. Let me tell you. It was the best thing I've watched in a while. Immediately after completing the series, I was ferociously purging things from my entire living space

If you do not know who Marie Kondo is (and I didn't either), she is the author of the Bestselling books [The Life Changing Magic of Tidying Up](#), [Spark Joy](#), [The Life Changing Manga of Tidying Up](#), and [Life Changing Magic: A Journal: Spark Joy Everyday](#). She is the owner of KonMari, an organizing consulting business in Japan and has developed her method of organization, called the Konmari Method.

So needless to say...this girl knows her stuff about decluttering.

I was so mesmerized by her and her concept of getting rid of unnecessary things in your home. Her essence alone was beautiful, but what had me glued in to the show was her approach to how we treat our declutter sessions.

Now, I have not read any of her books at this time (I have added them to my pages long list of to-reads, though), so if any of you have read them, please let me know in the comments, or send me an email on your thoughts. I'd love to hear from you.

My Favorite Things I Discovered About Decluttering:

1. **Approach your declutter session as a tribute to your home.** I absolutely, hands down, loved this idea. Marie took the time in each home to thank it for its protection over each family and care. This opened my eyes to how much of my home I take for granted. It has protected us through so many storms and anything else that mother nature has decided to throw our way, that I felt so horrible that I was disrespecting it by throwing dirty clothes on the floor. Or letting dirt and dust pile up. It was almost an homage to the house that she was helping each family learn to treat their home better.
2. **Divide up your declutter sessions into categories.** Marie's categories for her KonMari Method of cleaning are **Clothes**, **Paper**, **Books**, **Komono** (miscellaneous), and **Mementos**. Conquer one category at a time before moving on to the next.
3. **Marie's way of decluttering is different from most.** Instead of "getting rid" of things just to get rid of them, the goal is to listen to your heart and body about what each item means to you. When you pick up each item, hold it in your hands and see

how you feel about it. Her motto is that the item has to “Spark Joy” in you. Decide whether each item is something you would like to have in your life moving forward. If these items do not spark either emotion, let it go.

4. **Show gratitude toward each item before releasing it.** I learned 2 things from this. One – we take a lot of our things for granted. And two – thanking or showing gratitude to each item helps letting it go a lot easier. It allows yourself to completely let things go. Marie suggests telling each item “Thank You” prior to discarding it. You don’t necessarily have to say “thank you” to each item (she may disagree with me here), but at least take a few seconds to create a grateful feeling with each item before letting it go.
5. **Start with the easy things first.** Marie suggests to part ways with things you already have a disconnect to. If you are decluttering clothing, start with items from a different season than you are in. If it’s Summer, go through your Winter things first. You won’t feel the immediate need to keep every item, and the process will be much easier. By getting rid of the easier things first, you will have a sense of accomplishment and will train your body and brain to know what it feels like to instinctly know you do not need an item. Then when it gets to the more difficult things, you have a frame of reference.

There you go! The first part of this series for decluttering! If you have not checked out Marie Kondo’s books or Netflix series, please do.

The 2nd part of this series will include details on the KonMari method. Stay Tuned!
Like I said before, I haven’t read her books, but they are absolutely on my list.

I did completely fall in love with her Netflix series “[Tidying Up with Marie Kondo](#)”, so definitely check that out!!!

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