

# THE BEST WAY TO DECLUTTER

JANUARY 9, 2019

## The BEST Way to Declutter (Part 1)

I just finished watching the new show “Tidying Up with Marie Kondo” on Netflix, and let me tell you: It was the best thing I’ve watched in awhile. After completing the series, I immediately started ferociously purging things from my entire living space.

In case 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 organization consulting business in Japan based around her unique method of organization, the KonMari Method.

So, needless to say...this girl knows her stuff when it comes to decluttering.

I was entirely 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 how she approached the idea of decluttering and tidying up. Now, I have not read any of her books yet (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!

## The Best 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. This opened my eyes to how much of my home I take for granted. It has protected us through so many storms and everything 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. Helping each family learn to treat their home better by decluttering became almost an homage to the house itself.
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 to really understand 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 the item does not spark joy, you let it go.

4. **Show gratitude toward each item before releasing it.** I learned two 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. In doing so, you allow 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 starting by parting ways with things you are already disconnected from. For example, 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 instinctively know when you do not need an item. Then when you get to the more difficult things, you have a solid frame of reference.

There you go! The first part of this series for decluttering! The second part of this series will include details on the KonMari method. Stay Tuned!

After completely falling in love with “Tidying Up with Marie Kondo” on Netflix, I am so excited to read her books and learn even more about her methods.

Share this blog post on your social media and follow me on **Twitter** and **Instagram**!! I will also have a **Facebook Group** coming soon, so sign up for my email newsletter to know when that is coming!!!

LOVE YOU ALL