Decluttering with the KonMari Method

Follow these steps to declutter your apartment using the KonMari method.

STEP 1: Commit to tidying up
STEP 2: Visualize the lifestyle you want
STEP 3: Discard unwanted items
STEP 4: Tidy and organize by category in this order: Clothing, books, papers, Komono (miscellaneous items), sentimental objects

01 Clothing

**TOPS**
- Long-sleeve shirts
- Short-sleeve shirts
- Tank tops
- Dress shirts
- Sweaters
- Blouses

**BOTTOMS**
- Jeans
- Dress pants
- Sweatpants
- Skirts
- Shorts
- Leggings

**DRESSES**
- Formal
- Office
- Casual
- Special occasion

**OUTERWEAR**
- Jackets
- Coats
- Cardigans
- Hoodies
- Blazers

**UNDERWEAR/HOSIERY**
- Underpants
- Bras
- Stockings/tights
- Socks
- Lingerie

**SLEEPWEAR**
- Pajamas
- Nighties
- Sleep shirts
- Night gowns
- Robes

**ATHLETIC WEAR**
- Sports bras
- Yoga pants/sports leggings
- Sports shirts/jackets
- Sports shorts

**SHOES**
- Sneakers
- Athletic shoes
- Flats
- High heels
- Business shoes
- Boots
- Sandals
- Slippers

**ACCESSORIES**
- Scarves
- Gloves/mittens
- Ties/bowties
- Belts
- Hats/Headwear
- Jewelry
- Bags
- Backpacks

**ASSORTED**
- Swimwear
- Costumes
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### 02 Books
- Fiction
- Nonfiction
- Academic materials
- Children’s books
- Encyclopedias
- Cookbooks
- Magazines/catalogs
- Phone books
- Other

### 03 Papers
- Bills
- Receipts
- Coupons
- Academic/study materials
- Leaflets/flyers
- Tickets
- Cards
- Recipes
- Newspapers
- Other

### 04 Komono

#### (MISCELLANEOUS ITEMS)
- Kitchenware
- Cleaning accessories and supplies
- Organizational accessories
- Furniture
- Decorative objects
- Gardening accessories
- Photos
- Scrapbooks
- Figurines
- Souvenirs
- Gifts from loved ones
- Hand-me-downs
- Antique/vintage items
- Other