

# KonMari Decluttering CHECKLIST FOR MOMS

## 6 BASIC RULES OF TIDYING

1. **COMMIT** yourself to tidying up
2. **IMAGINE** your ideal lifestyle
3. **FINISH** discarding first
4. **TIDY BY CATEGORY**, not location
5. **FOLLOW** the correct order
6. Ask yourself if it **SPARKS JOY**

## 1. CLOTHING

### Adult Clothing

- Tops (shirts, sweatshirts, etc.)
- Bottoms (pants, skirts, etc.)
- Clothes that hang (jackets, coats, suits, dresses, etc.)
- Socks , Underwear
- Bags (handbags, messenger bags, etc.)
- Accessories (scarves, belts, hats, etc.)
- Clothes for specific events (swimsuits, kimonos, uniforms, etc.)
- Shoes

### Kids Clothing \*

- Tops (shirts, sweatshirts, etc.)
- Bottoms (pants, skirts, etc.)
- Clothes that hang (jackets, coats, dresses, etc.)
- Socks
- Underwear
- Clothes for specific events (swimsuits, kimonos, uniforms, etc.)
- Shoes
- Costumes

**\*Teach your children how to fold.** Once you teach your children how to fold, it's easy for them to put clothes away in their proper place. Folding is the one essential skill for both adults and children and it's easy to learn.

*Ask Yourself if it  
Sparks Joy?*

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## 2. BOOKS

- General
- Reference / Cookbooks
- Visual (Photo-type books)
- Magazines
- Children's Fiction
- Children's Non-fiction / School

## 3. PAPERS

- Birth/Marriage certificates
- Taxes
- Lecture materials
- Credit card statements
- Warranties/Manuals
- Greeting cards
- Used check books
- Pay slips

## 4. MISCELLANEOUS

- CDs, DVDs
- Stationery Supplies (Equipment, paper-related supplies, letter-writing supplies)
- Electronics and appliances (gadgets, cords, memory cards and batteries)
- Skin care products
- Makeup

## 4. MISCELLANEOUS (CONT'D)

- Medicines
- Accessories
- Valuables (passports, credit cards, etc.)
- Household equipment (stationery, writing materials, sewing kits, etc.)
- Household supplies (expendables like medicine, detergents, tissues, etc.)
- Kitchen goods/food supplies (utensils, cooking tools, food)
- Linens and bedding
- Recreational items
- Toys (Building, Dolls/ Figures, Costumes)
- Board Games / Puzzles
- Sports equipment (Balls/Sticks/Nets, etc)
- Animals (Toys/balls/collars/leases, etc)
- Other (spare change, figurines, etc.)

## 5. SENTIMENTAL

- School memories
- Mementos
- Children's creations
- Childhood items
- Life records, scrapbooks, letters
- Photos

*Ask Yourself if it Sparks Joy?*