

Your Spark Joy checklist

"The best way to choose what to keep and what to throw away is to take each item in one's hand and ask: "Does this spark joy?" If it does, keep it. If not, dispose of it. This is not only the simplest but also the most accurate yardstick by which to judge." Marie Kondo.

★ IDEAL LIFESTYLE

- Imagine your ideal day
- Imagine your ideal lifestyle
- Write it down
- Craft, cut, paste, draw a moodboard about it
- Or create a Pinterest board about it
- Then you're ready to start tidying!

★ FIRST CATEGORY CLOTHES

- Tops
- Bottoms
- Dresses
- Outwear
- Socks and stockings
- Underwear
- Seasonal Wear
- Bags and purses
- Hats and belts
- Scarves
- Jewelry
- Shoes
- Activewear
- Sleepware
- Swimwear

★ SECOND CATEGORY BOOKS

- General books
- Cookbooks
- Magazines
- Coffee table books
- Reference books
- Educational books

★ THIRD CATEGORY PAPERS

- Magazine clippings
- Course materials
- Bank Statements
- Warranties
- Manuals
- Insurance papers
- Paper archive
- Other paper documents

★ FOURTH CATEGORY KOMONO

- CDs and DVDs
- Stationary goods
- Electronic cords
- Electronics
- Valuables
- Religious items

★ FOURTH CATEGORY KOMONO (continued)

- Hair goods
- Skin care, cosmetics
- Hygiene goods
- Medicine
- Sewing supplies
- Tools
- Hobby items
- Emergency equipment
- Towels, linens, sheets, bedding
- Plastic bags
- Seasonal items
- Consumables
- Cleaning equipment
- Tools for cooking
- Tools for eating
- Food

★ FIFTH CATEGORY SENTIMENTAL ITEMS

- Awards, certificates, diplomas, trophies, medals
- Artwork
- Relic and keepsakes
- Letters, Journals
- Photos, Scrapbooks
- Dolls and stuffed animals