

The Life-Changing Magic of Tidying Up

by Marie Kondo

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Hold each item and ask: 'Does this spark joy?'**

Pick up each item physically. Notice your body's response before your mind's. If you feel a lift, keep it. If not, thank it and release it. Kondo insists this question never fails if you actually touch the object.

MON TUE WED THU FRI SAT SUN

⁰² **Tidy in KonMari order: Clothes -> Books -> Papers -> Komono -> Sentimental**

This sequence is deliberate - each category sharpens your joy radar for the next. Sentimental items come last because they require the most practiced judgment. Skipping the order dilutes the process.

MON TUE WED THU FRI SAT SUN

⁰³ **Pile every item of one category on the floor before you begin**

Bring everything of that category from every room into one place. This is the moment the true volume becomes visible. Most people are shocked. That shock is necessary - it becomes the motivation.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Create a designated home for every object you keep**

Kondo's rule: if an item doesn't have a permanent home, it becomes clutter the moment it's set down. Deciding where something lives is as important as deciding to keep it.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Photograph sentimental items before releasing them**

The memory doesn't live in the object - it lives in you. Photographs cost nothing and preserve what photographs can. This removes the last resistance to releasing things that no longer fit your present life.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Fold clothes vertically and store them upright**

Kondo's folding method isn't aesthetic - it's functional. When clothes are stored upright, you can see everything at once. Items buried in horizontal stacks never get worn. Visibility is access.