

Notes from Shannon Huneycutt's "Spark Joy" program & her website <https://sparkjoycharlotte.com>. Other libraries also host Shannon's program: check out her list of upcoming events on her website!

Core Principles:

1. Commit yourself to tidying up

The first step is to decide you are ready to tidy once and for all. Your commitment to this process, your home, and yourself is the key to the magical transformation you desire.

2. Envision your ideal lifestyle

Once you have decided to commit, the next step is to visualize your destination. Identify your goal and imagine the ideal lifestyle you've always dreamed of. What do you want your home to look and feel like? What brings you joy? This vision will be the driving force for your entire journey.

3. Finish discarding first before buying pretty storage containers

You must first declutter and discard items that no longer bring you joy or serve a purpose. This allows you to let go of unnecessary items and create space to find permanent homes for the belongings you love.

4. Tidy by category, not by location

Instead of deciding to tidy a specific room, the KonMari Method® approaches your home by category. We often have items of the same category spread throughout our home, so it's important to gather those items in one spot. This is a true eye opener to the amount of items we have in each given category.

5. Follow correct order: Clothing – Books – Papers – Komono (aka miscellaneous, toiletries, linens, kitchenware, office supplies, etc.) – Sentimental

By following the correct order, you will achieve visible results, quicker. Beginning with the clothing category is the perfect jump start to this process and will give you a boost of energy to keep moving. As you proceed to the remaining categories, in order, hone your sensitivity to what brings you joy.

6. Ask yourself if it sparks joy

The entire philosophy behind this magical tidying method is to keep items that Spark Joy®, allowing you to discard items that are physically and mentally taking up space in your life. Let go of clutter and in one simple phrase, Choose Joy!

How-To:

1. Gather all items (from a given category) together

2. Hold each item

3. Ask yourself some joy check questions

4. Decide what to do with item – keep, sell, donate, trash

Joy Check Questions to ask yourself: if you answer Yes (or have a positive response) to any of these questions – keep it, answer no – get rid of it, answer not sure – ask more joy check questions

1. Does it Spark Joy?

2. When was the last time you wore/used/needed item?

3. Does it still have tags or is it still in its box or has it been used since I bought/received it?

4. Do you feel comfortable wearing/using item? What purpose does it serve?

5. If it was not here, would I miss it?

Books to read/reference by Marie Kondo:

- "The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing"

- "Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up"

- "Joy at Work: Organizing Your Professional Life"

- For kids: "Kiki & Jax: The Life-Changing Magic of Friendship" by Marie Kondo and Salina Yoon