

Creating Joyful Spaces

COOLEST METHOD EVER FOR RECLAIMING YOUR SPACES!
BY DR. DEE

WHAT IS THE KONMARI METHOD?

The KonMari method is a system of simplifying and organizing your space (home/office) by getting rid of physical items that do not bring joy into your life, while using a structure process to systematically organizing it space. It was created by organizing consultant Marie Kondo and described in detail in her best-selling book *The Life-Changing Magic of Tidying Up*. *Check that out by clicking on it at our Amazon Store.*

The appeal of Marie Kondo's KonMari method is that it can be applied to all of parts of your life. From using KonMari when folding your clothes to changing your perspective when it comes to your relationships!

HOW DO YOU GET STARTED WITH THIS METHOD?

The KonMari Method is a process of recreating your space by removing clutter, adding a system and focusing on the energy in that space. **Instead of do one room at a time, you follow this checklist, completing one area before moving onto the next.**

Start with the first area on the checklist. Place all the items together and then access to see how much joy it gives you. What is incredible about this process, is that each person should be responsible for their items of clothes, which allows each person to have buy in for owning their space and responsibility for keeping it tidy. So at each area, the first step in KonMari instructs you to physically hold or touch the items in your in that area as you declutter and get more organized. Then ask yourself the following question: **does it spark joy? Items that spark true joy won't always be rational. If there is no joy, place it in a box to give away or trash. That simple.**

The Five KonMari Areas

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STEP 1: GRATITUDE GREETING

Our spaces both reflect the way we move in the world as well as have an inverse relationship as they can affect how we feel in that space. One of the first steps in the whole process is to start each area with a gratitude greeting, showing appreciation for your abundance and appreciation for having a safe, connecting space.

This is a great gratitude to use each day while doing your "Ten things I am grateful for" each day.

STEP 2: PREP THE AREA

Start with the first area, bring a "box to share" which means it is a space to give away and a box to "recycle or let go" which allows you to place items that should be trashed or can be sent to recycle.

Section off the weekend or week in your time chunking process so you allow yourself and all the other members to start that area. No hurry, simply enjoy the process. Set the expectation that each person is allowed to work their items!

STEP 3: REVIEW THE FOLDING & ORGANIZING TECHNIQUES

The best way to learn her folding process, is to review Marie Kondo YouTube channel(see link). Below is one of many videos of the Marie Kondo method for folding clothes which is a great first. You can organize your closet beautifully using this one in particular.

https://www.youtube.com/watch?v=Lpc5_1896ro.

You can also see techniques for organizing each space through her YouTube channel.

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STEP 4: START WITH THE ORDER OF THE FIVE AREAS

Area One: Clothing
Area Two: Books
Area Three: Paper
Kitchen
Bathroom
Garage
Any Miscellaneous Items
Area Five: Sentimental Items

STEP 5: CREATE JOY IN THAT SPACE

What I love about this concept is that "one thing for one space", in essence, each thing has a space for ease of seeing and storing it!

ll clothing is folded in a rectangular, then 1/3s so it fits nicely in a drawer.

In the bathroom, this is a great time to throw out anything you have not used in the year, streamline your products, and add some relaxing touches.

In the kitchen, use boxes and size by use and shape. Store things according how often you use things. Again, if you noticed something that hasn't the "joy" or use, let it go!

In the garage, consider the categories and ease of finding. If needed use a planogram or labels to help mark location of items, tools, and materials.

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STEP 5: CREATE JOY IN THAT SPACE

Tips for Using the KonMari Method of creating Joyful Spaces:

- 1. Tidy one area all at once before moving onto the next area:** Instead of cleaning one room a day, devote an entire day (or weekend) to tidying up. If you only tidy one room at a time over an extended period of time, it will wind up getting messy again in a matter of a few weeks or months.
- 2. Visualize the destination:** As with everything you have learned in my transformative and leadership coaching, being intentional in creating joyful spaces is important. Visualize how you want to see, use and feel that space before planning to organize it.
- 3. Tidy by category, not location:** What I loved about this process is that it is such an intuitive and structured system that immediately changes the way we see our space. Instead of categorizing and tidying by room, we instead follow the KOMONO process.
- 4. Determine if the item “sparks joy”.** Marie Kondo’s lessons show that in focusing on what does not make you happy, you’re only inviting unhappiness into your life. If you look around your home and dwell on those items you can’t stand, you’re just generating more negativity. Instead, teaches KonMari, you should focus on what you love. By highlighting the items that bring you joy, your energy creates more happiness in your life. Sounds pretty great, right?
- 5. Tidy to adopt a freedom mindset:** When you ask people why they focus solely on materialism or money, most people will say it is to so they can make their families happy, have the freedom to do what they choose, and to feel a sense of worth. All of these things are a mindset. If you choose to adopt a freedom mindset you are more apt to choose what aligns with you authentically.