

spark joy

an illustrated master class on the
art of organizing and tidying up

marie kondo

SUPPLEMENTAL
GRAPHICS

—

COPYRIGHT © 2016 BY MARIE KONDO

Contents

- The KonMari Method 1
- Tidying clothes 4
- Tidying books and papers 22
- Tidying *komono* 25
- Tidying sentimental items 48
- A home that sparks joy 50

The KonMari Method

The criterion for deciding what to keep and what to discard is whether or not something sparks joy. When deciding, it's important to touch it, and by that, I mean holding it firmly in both hands as if communing with it. When something sparks joy, you should feel a little thrill, as if the cells in your body are slowly rising.



The correct order for tidying



Add more spark to your storage

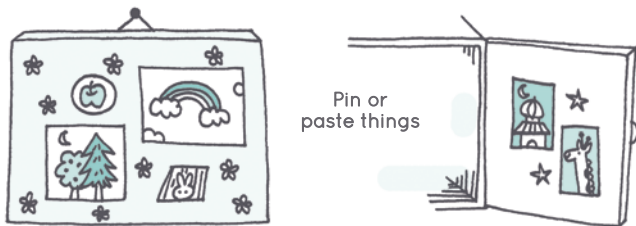
Place things



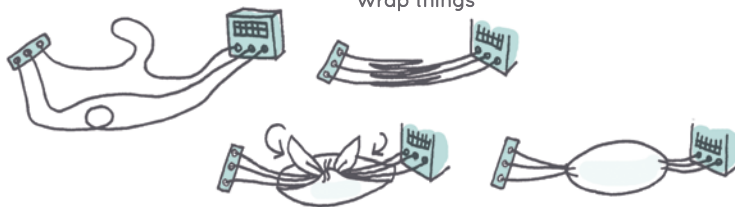
Hang things



Pin or paste things

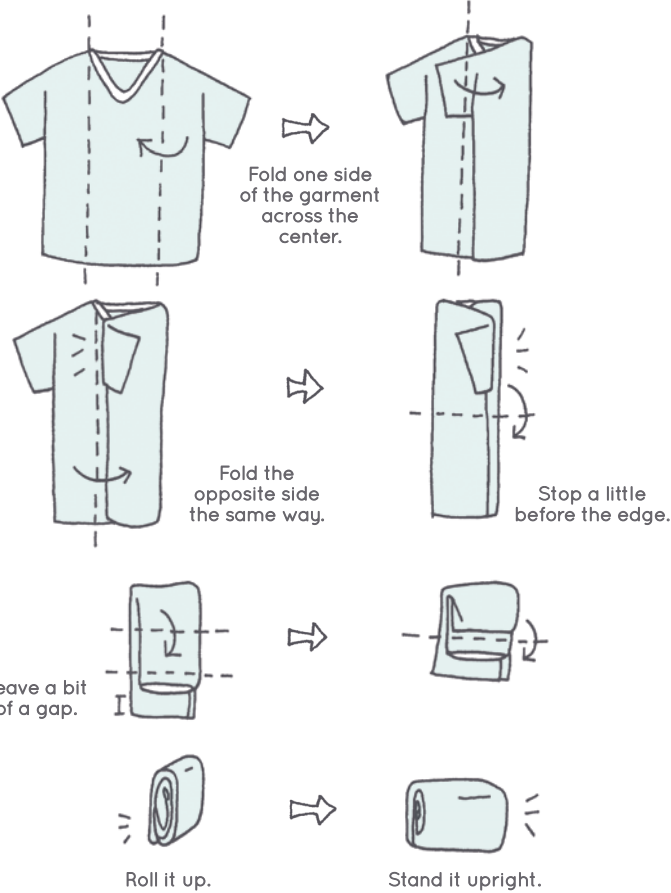


Wrap things

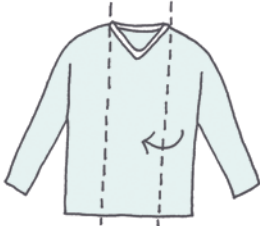


Basic folding method

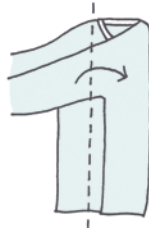
1. Fold both edges of the body of the garment toward the center to form a rectangle.
2. Fold the rectangle in half lengthwise.
3. Fold this in half or in thirds.



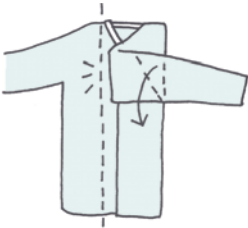
How to fold long-sleeved tops



Fold one side toward the center.



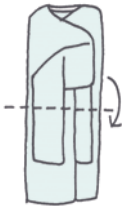
Fold the sleeve to fit within the rectangle's width.



Fold the sleeve back flush with the edge of the rectangle.



Fold the other side the same way.



Fold almost but not quite to the edge.



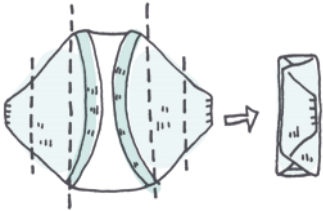
Fold in thirds to fit the height of the storage space.



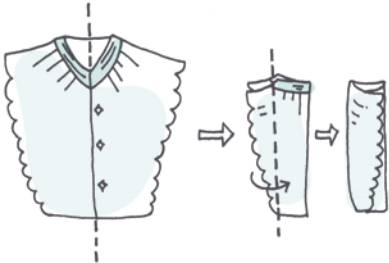
Stand it up.

How to fold odd-shaped tops

Fold dolman sleeves to make a rectangle, then fold as usual.



It's okay to fold the garment in half first, then fold into a rectangle.



Once you have made a rectangle, fold the usual way to the right height.

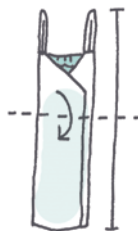
How to fold camisoles



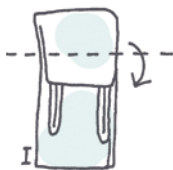
Fold one side toward the center.



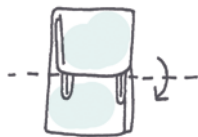
Fold the other side the same way.



Fold in half, including the straps.

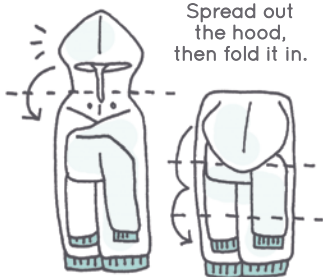
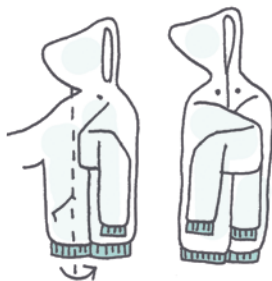
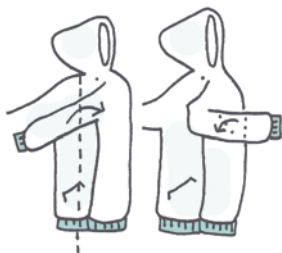


Don't forget to leave a bit of a gap.



Make a smooth rectangle.

How to fold parkas



Spread out
the hood,
then fold it in.



Make a
rectangle
and stand it
upright.

How to fold thick clothes for the off-season



Too bulky when folded the regular way.

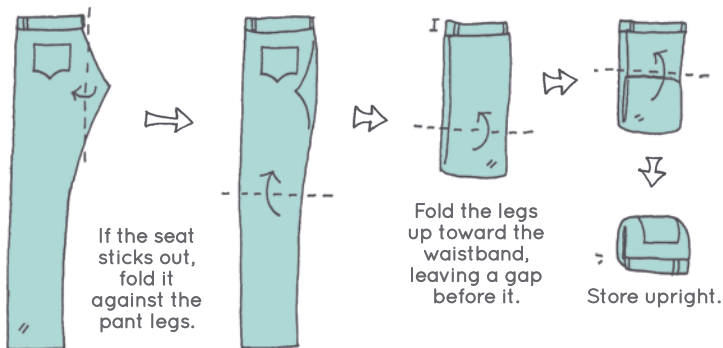


Squeeze it in.

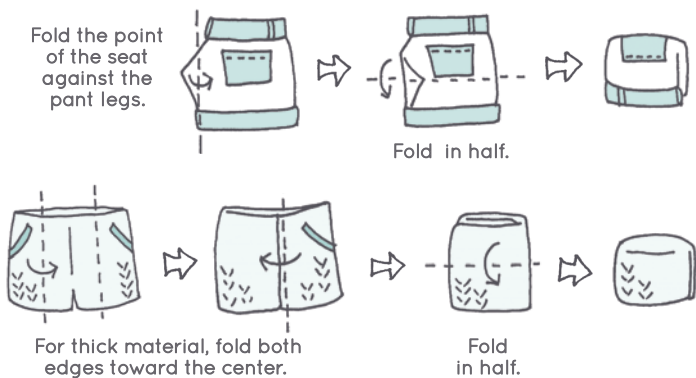


Press out the air as you insert it.
This makes it compact.

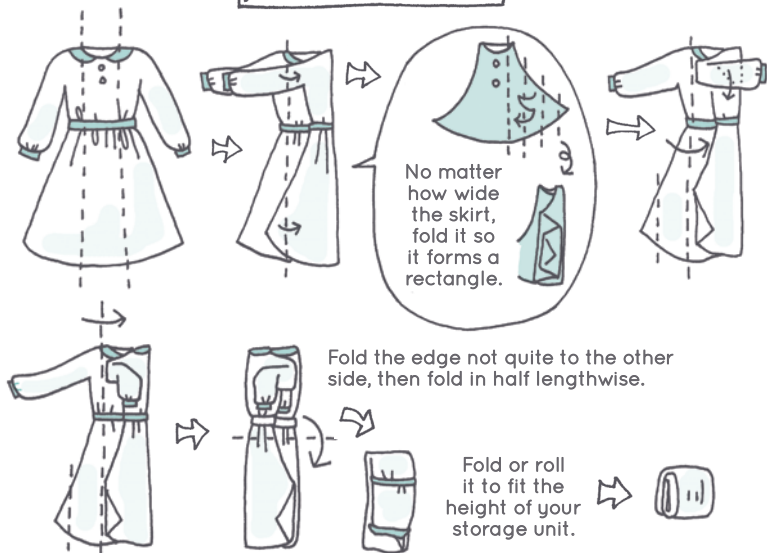
How to fold pants



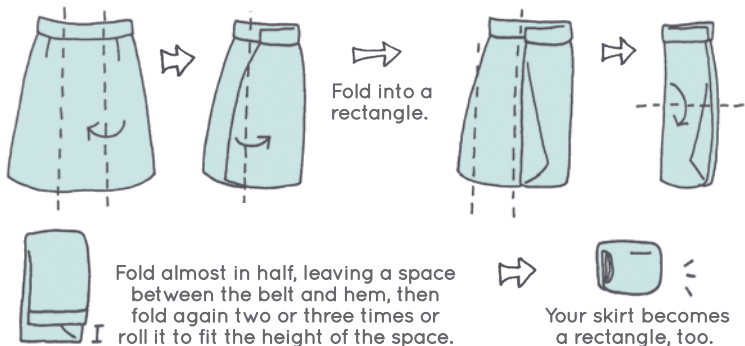
How to fold shorts



How to fold dresses



How to fold skirts



How to fold socks, stockings, and thick tights



Place short socks together and fold in half.



Place regular socks together and fold in thirds.



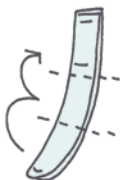
Place knee socks together, fold in half, then fold in half or thirds depending on the length.



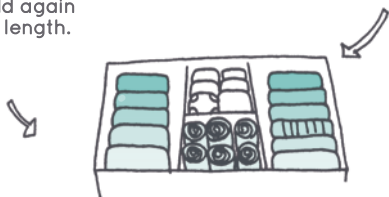
For thick tights, fold one leg on top of the other, fold in half lengthwise, and fold again depending on the length.



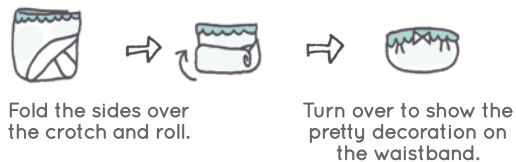
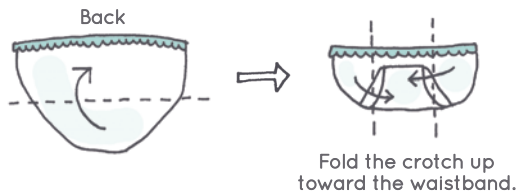
For stockings, fold one leg on top of the other, then fold into thirds lengthwise.



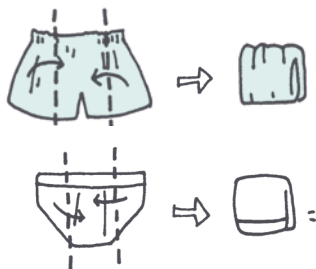
Roll them up.



How to fold panties



How to fold trunks and briefs



Fold the edges across the middle to make a rectangle; fold in half and then in thirds.

How to fold bras



Fold the straps and sides into the cups.



Clothes that hang

When hanging clothes, be sure to arrange them so that they rise to the right. Keep the same category of clothes together: coats with coats, suits with suits, jackets with jackets, and so on.



A clothes closet that sparks joy

Hanging clothes so that they rise to the right, will create an ideal storage space that sparks joy.



If a dresser has several drawers, then it is more natural to keep the lightest things at the top and the heaviest at the bottom. Likewise, light materials such as cotton would be kept in the upper drawers and thick, heavy materials, such as wool, in the lower drawers.

In general, dark colors should be in the back of the drawer and light colors in the front.



Bag-in-bag method

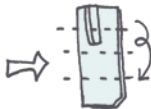


Store similar bags together.
The bags will support each other.
It's best to store just one bag
inside another.

How to fold cloth and plastic bags



Fold the handles down
and fold the bag up small.



Stand
upright
and store.



Make accessory storage as attractive as possible

Even if it takes time, make accessory storage as handsome as possible. I highly recommend arranging your accessories so that the inside of your drawer looks like a showcase so that every time you open it, it will give you a thrill of joy.



Ties

Be sure to store ties attractively and in such a way that it's easy to choose which one to wear.



Shoes

My motto for shoe storage is “steadily rising joy.” The heaviest things go on the bottom and rise to lighter things on top.



Tips for packing a suitcase

Packing a suitcase for business or leisure trips follows the same basic principles as those for storage in the home. Clothes should be folded and packed upright. Fold suits and lay them flat on top. Pack bras on top, and don't flatten them. Pack small things such as underwear in a travel pouch, and transfer lotions and toiletries into smaller bottles to reduce volume.



Tidying books

As with clothing, you must begin by taking every single book you own off the shelves and piling them on the floor. If you have too many books to choose all at once, sort them by categories, such as general (for reading), practical (references, cookbooks), visual (coffee-table books), and magazines, and do the joy check for each category.



Series

Manga, comic books, and other series are normally tidied up under the category of “general books,” but if you have a large volume, make this a separate category. You can check whether or not they spark joy by piling the whole series together and putting your arms around the pile as though hugging it, or by just taking the top volume in your hands.



Tidying papers

Make a pending box

One essential item for tidying papers is a “pending” box. Place all those papers that require action, such as letters you are planning to send, outstanding bills, etc., in this box, and forge ahead with tidying.



Warranties

Every electrical appliance you buy comes with a warranty. The simplest storage solution is to keep all of them in a single clear plastic folder.



Clippings

For any clippings that you decide to keep, a display book with clear plastic pockets is a simple solution that is easy to flip through.



Tidying *komono*

CDs and DVDs

You may come across sentimental CDs from friends or lovers, but if these just remind you of a time when you listened to such music, enjoy the nostalgia of that memory, discard the CD with thanks, and move on to the next one!



Stationery supplies

Stationery supplies can be subdivided into equipment, paper-related supplies, and letter-writing supplies.

Equipment

This covers things that usually do not diminish in volume, such as pens, scissors, staplers, and rulers.

Divide them into snug, well-defined compartments, and store them vertically.



Paper-related supplies

Small items, such as memo pads and Post-its, can be stood upright in a small box, which can then be placed on a shelf for a neater appearance.



Letter-writing supplies

The iron rule is to keep only those letter-writing supplies that inspire you to write.



Electrical *komono*

Cords are the most typical electrical *komono*, and they are often a tangled mess.

Remove these kinds of cords from any plastic bags you've stored them in, untangle the whole mess, and pick each one up to check for joy. Any mystery cords that remain should be recycled guilt-free.



Skincare products and cosmetics

The standard storage place for skincare supplies is near the bathroom sink for ease of use. If you only have a few, it is simplest to store them all together in one spot. Small items, such as samples, tubes of eye cream, and so on, can be stored neatly in a smallish box. If there's not enough space, you can make a special corner for them in your closet or on a shelf where you keep *komono*. If you have too many to store in one place, you can divide them into items used daily and those used less frequently.



Makeup

Cosmetics take delight in a pretty space. The approach I use for makeup is the same as that for accessories: I store them in a box in a drawer or in a makeup box or vanity bag.



Relaxation goods

Check every item in this category to see if it sparks joy, including massage and acupressure items. You can increase the relaxation effect significantly by selecting a container made of natural material such as rattan and by using dividers.



Valuables

Valuables are the one category where practicality, not the joy factor, takes priority when selecting what to keep.

Because they are valuable, they have a fair bit of pride and should be stored with respect in something like a dresser drawer or a wooden box.



Sewing kits

Is there anything in your sewing kit that you know you will never use but have just left there anyway? This is also the time to deal with those buttons you were intending to sew on but never got around to.



Hobby *komono*

If you pursue only a single interest, such as calligraphy, assign one storage place for everything related to it. Even if you have many interests, you can designate a single storage space for hobby-related *komono*.



Collectibles

Tidying items you collect is time-consuming, so the most important rule is to make sure you set aside enough time. Once you have decided which to keep, divide them into your own personal categories and make them into a display that sparks joy.



Towels

A cupboard in or near the bathroom is the most standard storage place for towels, but if you don't have room, try storing them in a drawer in your closet. Even those towels that you are planning to use as rags and then dispose of should be folded and stored upright, not stuffed in a bag.

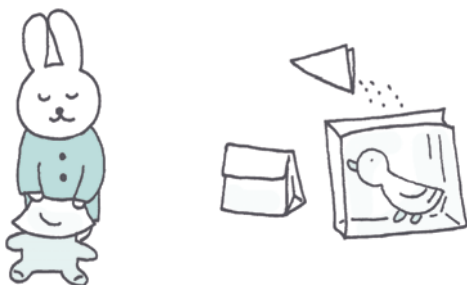


Stuffed toys

I always thank my things when I discard them, but I treat things like stuffed animals that seem to have a soul with extra respect, as if conducting a memorial service.

Energy resides in the eyes, which is why it's best to cover them when discarding something. Once their eyes are hidden, stuffed toys and dolls look much more like objects, and that makes it far easier to part with them.

If it still bothers you, try the Japanese purification rite of throwing in some coarse salt to send the spirits on their way.



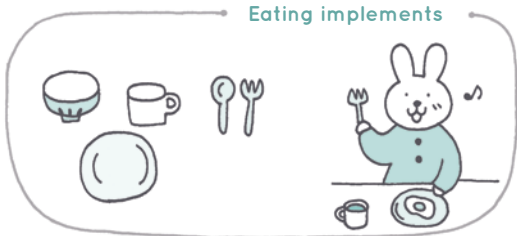
Recreational items

If you store recreational items in plastic bags, they will look like garbage, and you will use them far less often than you otherwise might. If you must keep them in a bag, make it one that you really like.

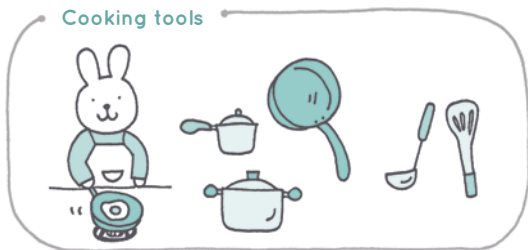


Kitchen *komono*

Eating implements



Cooking tools



Food



Dishware

Make the dishes you love the ones you use every day. Unpack them and stack them in your cupboard. This is guaranteed to bring you one step closer to a joyful dining table.



Cutlery

The best storage method is to place knives, forks, spoons, and chopsticks in their own compartments within a cutlery tray or a box that is just the right size. If you are going to choose a cutlery tray, your cutlery will be happier if you pick one that is made of rattan, bamboo, or some other natural material with a gentle embrace, rather than a plastic case in which it will rattle around.



Komono that brighten up your table

The standard storage place for this *komono* category is near your dishes or cutlery, but anywhere near the kitchen or the dining table will do.



Cooking utensils

Whereas cutlery and dishes nestle together in sets, cooking utensils usually work solo, one to each house, and they tend to be confident and assertive. For this reason, after your joy check, you don't need to take as much care when you store them.

The two basic approaches are to store them upright or lying down.



Cooking vessels

When storing, stack similarly shaped items inside each other, such as pots with pots and bowls with bowls, so that you make the most of the cupboard's height.



Food storage containers

As for storing empty containers, you can significantly improve the efficiency of your storage space by stacking those that are stackable and storing their lids upright in a separate container.



Plastic bags

Plastic bags should be flattened, folded, and stored upright just like clothes to prevent overstocking. If you can't be bothered folding plastic bags, store them in a compact box that keeps them from expanding. The container should be kept small, about half the size of a tissue box. While paper bags can be stored in another paper bag, a file box, which is stiffer, will prevent you from accumulating more than you need.



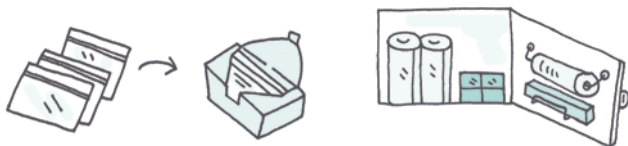
Small kitchen *komono*

The key to storing these items is to divide them thoroughly and store them in a drawer. Look for empty boxes or containers that are the perfect size to use as dividers.



Kitchen consumables

Consumables such as plastic wrap, aluminum foil, parchment paper, and paper towels can be stored in the cupboard or pantry, upright under the sink, or on racks that fasten to the door of your cupboard or the wall.



Kitchen cleaning equipment

Nothing should be kept near the sink, not even your dish detergent or sponge.



No need to aim for simplicity in the kitchen

What matters is the ability to see where everything is stored. If you have achieved this, then even if storage space seems a bit full, you can still be proud of your kitchen.



Food

The basic rule is to discard anything that is past the expiration date, but if you have your own rules, such as “two months over is okay for canned goods,” go ahead and use that as your criteria. When in doubt, ask yourself whether it would spark joy to cook something with it.



STORING FOOD

I recommend storing things together. For example, if you don't use small packages of seasonings that often, try emptying them into jars, one for each seasoning. It just takes little ideas like this to make your food storage more effective.



PERISHABLES

Start by taking a quick look through your fridge and throwing out any items that have passed the expiration date.

When storing things in the fridge, you want to keep it about 30 percent empty. Store things by category so that it is clear at a glance where things are.



Tricks for kitchen storage

As the amount of space occupied by your things decreases, you can begin moving things left out on the counter and elsewhere into the cupboards and drawers. In the end, even the kettle, the rice cooker, and the trash cans end up behind cupboard doors, and your kitchen is completely free of clutter! You may think this is impossible, but I encourage you to make this your goal as you store your things.



Cleaning supplies

Cleaning rags, or old towels that you plan to use for rags, should be stored folded and upright.



Bathroom *komono*

The bathroom, which often gets very little attention when we're tidying, can actually be one of the hardest places to keep tidy.

If your sink stand has drawers, you can simply apply the two basic principles: store by category and store upright. To make the best use of the space under the sink where there is no shelf, utilize its height.



Tidying sentimental items

Your children's creations

There are various ways of approaching this category, such as taking photos of your children's art before throwing it away or deciding how many you will keep and sticking to that number. Once you have enjoyed the works to the full, you can thank them for helping your child to grow, and discard them guilt-free.



Life records

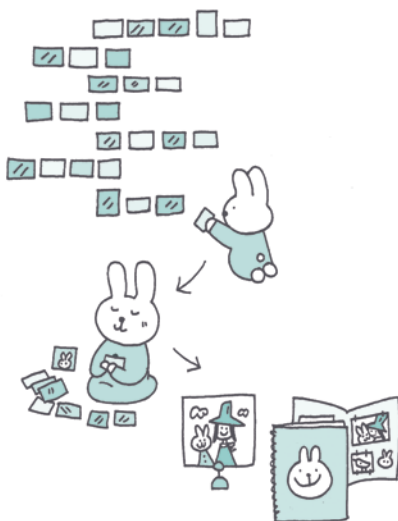
If you decide to keep such mementos as ticket stubs from your travels, always save them in a way that they can be enjoyed at any time, such as by putting them in a scrapbook.



Tidying your photos as the final step in your campaign

Lay all the photos on the floor according to the year in which they were taken, advancing from left to right until you reach the most recent. Photos from the same year should be lined up in a vertical row underneath. If you aren't sure when a photo was taken, make a guess.

By the time you finish, your floor will look like you are playing multiple games of solitaire. This arrangement lets you see if there are more photos in some years than others or photos of similar situations. These can be weeded out until you have only your target number left. Now you can put them all into the album in one go, adding a few stickers and labels for decoration.



A home that sparks joy

An entranceway that sparks joy

I recommend keeping your entranceway as clear as possible. Leave out only the shoes you have worn that day to air them.



A living room that sparks joy

The living room's role is to provide a space for the family to gather and enjoy each other's company. Always keep in mind that it's the center of family life.

The ideal living room will feature furniture that sparks joy. I recommend having a fixed place for the remote control, magazines, and so on. Consider adding plants, music you love, and a special corner for family photos.



A kitchen that sparks joy

Cleanliness is crucial. Moisture and oil are the enemy. That's why ease of cleaning gets top priority. Don't keep anything on the counter near the stove or sink. Keep pots and pans to a minimum, store all cooking utensils in one spot, and take advantage of vertical storage solutions for foodstuffs.

Decorate your kitchen, too. Your kitchen should make cooking fun.



An office that sparks joy

You can clear your mind simply by discarding all unnecessary papers. Keep the desk area relatively clear. Arrange books and materials according to your own rules.

Consider adding a small ornamental plant. Don't make your office solely practical. It's important to add a playful touch precisely because it's a work space.



A bedroom that sparks joy

Make your bedroom a space to recharge your batteries and refresh yourself for another day. Keep lighting soft and indirect, play relaxing music, and feature items and scents that spark joy. Wash sheets and pillowcases frequently.



A bathroom that sparks joy

Why not enjoy your bathroom's delights? Bathe by candlelight and add bath salts, flowers, whatever you feel like. Keep the tub and counters well scrubbed. Take out only what you need and put it away when finished.

The toilet is your home's "detox area." It's important to keep the energy flowing through, so keep it uncluttered. Any decorations should spark joy and be arranged with flow in mind. Cleanliness is crucial. The ideal bathroom will have a fresh, natural aroma. Keep supplies like toilet paper out of sight in a basket or covered by a cloth.

