



A LIFE MORE ORGANISED

DECLUTTER, ORGANISE & SIMPLIFY LIFE



An Introduction to The KonMari Method™

DECLUTTER, ORGANISE, SIMPLIFY

www.ALifeMoreOrganised.co.uk

Taking Stock of Now

On a scale of 1-10 How organised is your home?

What, if anything, is that clutter or lack of organisation getting in the way of?

What would you love to get sorted and why?

What's got in the way of doing it before?

The Benefits of Tidying

'Isn't it amazing what happens when you start to clear clutter. I reorganised my undies drawers & found my lost wedding ring!!
Love it'

Clutter, like overflowing papers and wardrobes that are bursting, can impact our brain and how we feel about our homes, workspaces & ourselves.



- Bombards our minds with excessive stimulus
- Makes it difficult to switch off physically & mentally
- Can lead to feelings guilt & embarrassment
- Or impact on relationships

The Benefits of Decluttering & Organising Your Space

- Reduction in stress & anxiety
- Increased productivity
- Improved efficiency
- Feel more in control
- Save time & money
- Rediscovery
- More space

How will you benefit from 'Tidying Up'?

The KonMari Method™

Became popular through Marie Kondo's first book "The Life Changing Magic of Tidying Up" and the subsequent Netflix show Tidying up with Marie Kondo.

Marie places importance on being mindful, introspective & forward-looking as you work through your possessions to acquire a new mindset rather than doing a clutter dump once a year.

The KonMari Method™ is rooted in Japanese Shinto Culture which encourages Respect & Gratitude towards things we have in our lives. As you declutter you look to "cherish what makes you happy and to recognise and clear away things that are no longer relevant to us".

KonMari is not Minimalism

It's about being more aware of what you own,
making sure you love & need it
and finding a home for it.

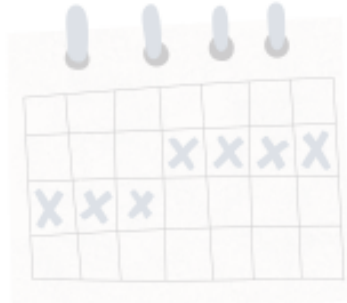
6 Steps to Tidy



- 1 Commit yourself to tidying up
- 2 Imagine your Ideal Lifestyle
- 3 Organise by category not by location
- 4 Ask yourself if it Sparks Joy
- 5 Tidy in the right category order
- 6 Discard before storing

The KonMari Method™

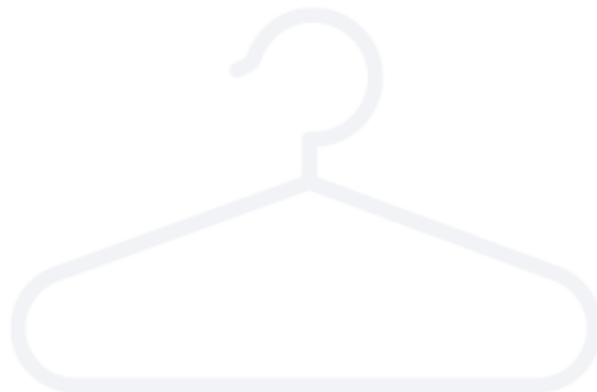
1 Commit To Tidying Up



2 Imagine Your Ideal Lifestyle



3 Organise by CATEGORY not location



The KonMari Method™

4 Ask yourself if it Sparks Joy



5 Tidy in the right category order



6 Always finish discarding before storing



KonMari In Practice - Clothes

Step by Step

Gather everything & put in one place



Sort by category (or subcategory)



Select up to 3 items you love

reflect on these



Go through the rest

Pick out items that Spark Joy



Make 3 piles - Keep, Discard, Unsure



Reflect on the Discards, what can you learn?



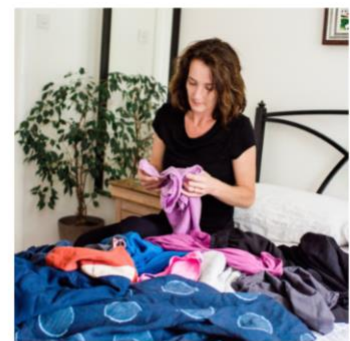
Work through each sub category



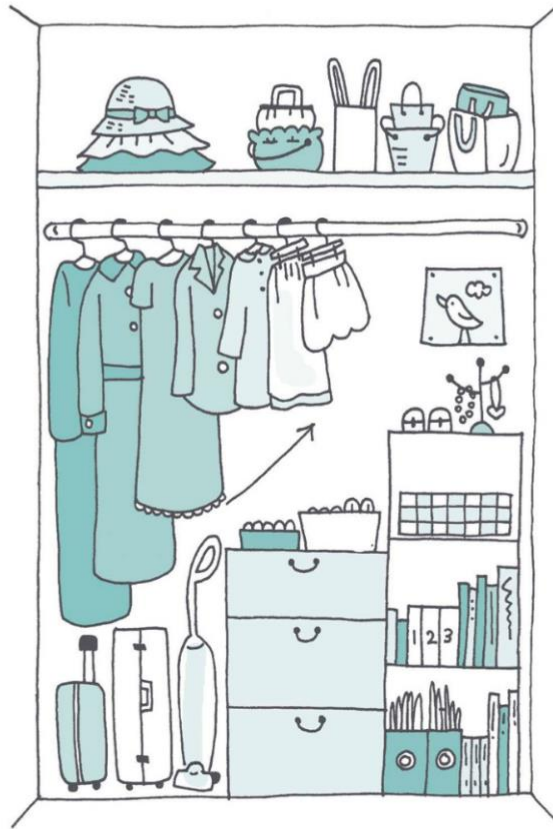
Revisit the unsure pile



Store similar items together - Fold or Hang



KonMari Storage Principles



There are four ways to maximise storage around your home.

Fold items

Stand things upright

Store similar items together

Divide large storage spaces into compartments using boxes

You've probably seen these KonMari storage principles for clothes but they can be used everywhere in your home.

What stands out as being different to what you've done before?



A LIFE MORE ORGANISED

KonMari Category Tidying Checklist

Decluttering by Category allows you to see the volume of similar things that you own & any duplication of items, this helps you to make informed decisions about what to keep and what to discard.

Remember - only keep the items that 'Spark Joy', that you love or need.

CATEGORY 1 - CLOTHES

- Tops
- Trousers | Shorts
- Dresses | Skirts
- Underwear
- Socks | Tights
- Nightwear
- Loungewear
- Sportswear
- Coats | Jackets
- Jewellery
- Bags | Purses
- Hats | Gloves
- Shoes | Boots
- Scarves

CATEGORY 2 - BOOKS

- Novels
- Cookery
- Travel
- Academic
- Childrens
- Reference
- Other

CATEGORY 3 - PAPERS

- Financial
- Insurance
- Health
- Vehicle
- Tax
- Household | Utilities
- Manuals | Warranties
- Important Certificates

CATEGORY 4 - KOMONO (MICELLANEOUS)

TOILETRIES

- Shampoo
- Conditioner
- Hair Treatments
- Shower Gel
- Bubble Bath | Bath Oil
- Soap
- Body Moisturiser
- Cleanser
- Toner
- Face Moisturiser
- Exfoliators
- Serums | Treatments
- Eye Creams
- Perfumes

MAKE UP

- Foundation | Primer
- Mascara
- Eyeshadow
- Eyeliner
- Blushers | Bronzers
- Lipsticks | Lip Gloss
- Nail Polish | Remover

LINENS

- Towels
- Washcloths
- Bedding
- Duvets | Pillows
- Blankets
- Tablecloths
- Placemats | Napkins
- Toilet Paper | Tissues

STATIONERY

- Pens | Felt Tips
- Pencils
- Scissors
- Staplers
- Paper Clips
- Sellotape
- Glue
- Rubber Bands
- Files | Ringbinders
- Notebooks
- Planners | Calendars
- Rulers | Runners
- Hole Punch
- Post Its | Sticky Notes
- Greeting | Note Cards
- Envelopes

CLEANING

- Laundry Detergent
- Fabric Conditioner
- Stain Removal
- Kitchen Cleaners
- Bathroom | Toilet
- Cloths | Sponges
- Floor Mops | Brushes
- Specialist Cleaners

EATING EQUIPMENT

- Dinner | Side Plates
- Cereal | Soup Bowls
- Serving Plates | Bowls
- Cutlery
- Cups | Mugs
- Glasses | Jugs
- Teapots | Cafetierre
- Travel Mugs | Flasks

Turn over to keep going!!



A LIFE MORE ORGANISED

KITCHEN - COOKING EQUIPMENT

- Baking Trays | Tins
- Mixer | Mixing Bowls
- Measuring Jugs
- Sieves
- Foil | Cling Film
- Food Scales
- Food Bags
- Plastic Ties | Clips
- Pots | Saucepans
- Chopping Boards
- Cooking Utensils
- Food Prep Knives
- Blender | Whisks
- Oven Gloves
- Aprons
- Tea Towels

FOOD & FOOD STORAGE

- Herbs | Spices
- Pasta | Rice | Grains
- Tinned Food
- Condiments | Sauces
- Baking Ingredients
- Cereals
- Savoury Snacks
- Sweet Snacks
- Tea | Coffee | Cocoa
- Cordials | Squash
- Soft Drinks | Fruit Juice
- Alcohol
- Fridge Food
- Freezer Food
- Tupperware
- Lunchboxes

TOOLS

- Hammer | Mallet
- Screwdriver | Pliers
- Nails | Screws
- Nuts | Bolts
- Saws
- Drills | Drill Bits
- Power Tools
- Tape Measures
- Spirit Levels
- Paint | Brushes | Trays
- Glue | Adhesives
- Batteries
- Lightbulbs
- Keys | Locks
- Bin Bags

TOYS

- Baby Toys
- Teddys | Soft Toys
- Dolls
- Cars | Vehicles
- Board Games
- Jigsaw Puzzles
- Building: eg Lego, Knex, Duplo
- Art | Craft Toys
- Electronic
- Dressing Up
- Role Play eg Kitchen
- Outdoor Toys
- Sport
- Sets: eg Playmobil, Sylvanian Families

MEDICINE CABINET

- Painkillers
- Allergy Relief
- Cold | Flu Remedies
- Childrens Medicine
- Prescription Medicine
- Vitamins
- Diet Supplements
- Plasters
- Bandages
- Creams | Ointments
- First Aid Kit
- Insect Repellent
- Thermometers
- Electronic Monitors

ELECTRONICS

- CD | DVD players
- Computers
- Cameras | Accessories
- Phones | Accessories
- Games Consoles
- Cords | Chargers
- Adaptors

PET ACCESSORIES

- Pet Food
- Pet Treats
- Pet Bowls
- Collars | Leads
- Toys
- Towels
- Pet Clean Up

HOBBIES

- Art Supplies
- Craft Supplies
- Musical Instruments
- Sports Equipment
- Camping Equipment
- Gardening Equipment
- Other Hobbies

MONEY

- Small Change
- Credit | Debit Cards
- Foreign Currency
- Vouchers
- Loyalty Cards
- Cheque Books
- Coupons

SEASONAL

- Christmas Decorations
- Christmas Lights
- Easter
- Halloween
- Birthdays
- Travelling | Holidays

CATEGORY 5 - SENTIMENTAL

- Photographs
- Awards | Certificates
- Childrens Memorabilia
- Academic Awards
- Family Heirlooms
- Antiques | Collectibles
- Gifts

DECLUTTER, ORGANISE, SIMPLIFY

www.ALifeMoreOrganised.co.uk

Starting Your KonMari Journey

Commit To Tidying Up - When can you set aside time to start?

Imagine Your Ideal Lifestyle - be specific & don't miss this step!

Where will you start?

Supporting Your Journey

Declutter & Organise Your Kitchen With The KonMari Method™

Tuesday 7th June @ 7.30 - 9pm
£25



- A review of how you use your kitchen, what's working and what you'd like to do more of in your kitchen.
- A step by step guide to decluttering your kitchen, one cupboard at a time. It will get messy before it looks better (it always does!) but this will give you the confidence to let go of the things you no longer use (or didn't know you had).
- Practical examples of the best way to organise your kitchen, make use of the different spaces and using the right storage in the right areas to make your kitchen work for you.

[Book now on Eventbrite](#)

One to one in home coaching & organising sessions



SINGLE ORGANISING SESSION

Great if you need support on a specific area or would like to try out the KonMari Method before decluttering on your own.

4 hour session

Guidance & support as we declutter
Tips to help you stay organised
Recommendations for storage solutions
Travel expenses*

£185



STARTER PACKAGE

Ideal if you have a small home or if you'll be able to do some independent work between our sessions.

12 hours (usually 3 sessions)

Guidance & support as we declutter
Tips to help you stay organised
I'll recommend & source storage solutions
Donation advice & assistance
Bespoke "homework" plan
Email & text support between sessions
Travel expenses*

£495
(save £60)



KONMARI PLUS

Suitable if you have an average size home or if you'll be able to do some independent work between sessions.

24 hours (usually 6 sessions)

Guidance & support as we declutter
Tips to help you stay organised
I'll recommend & source storage solutions
Donation advice & assistance
Bespoke "homework" plan
Email & text support between sessions
Travel expenses*

£975
(save £135)

Contact me to arrange your free consultation to discuss how I can help you get started

sue@alifemoreorganised.co.uk

07740782575



A LIFE MORE ORGANISED