

SIMPLICITY



"When we really delve into the reasons for why we can't let something go, there are only two: an attachment to the past or a fear for the future."



"The question of what you want to own is actually the question of how you want to live your life."



"When we're caught up in the past and fear for the future, being unable to discard means that we can't see what we need, what will satisfy us, or what we're really seeking."



"The best way to choose what to keep and what to throw away is to take each item in one's hand and ask: "Does this spark joy?" If it does, keep it. If not, dispose of it. This is not only the simplest but also the most accurate yardstick by which to judge."



"Keep only those things that speak to your heart. Then take the plunge and discard all the rest. By doing this, you can reset your life and embark on a new lifestyle."



"The objective of cleaning is not just to clean, but to feel happiness living within that environment."



"The space in which we live should be for the person we are becoming now, not for the person we were in the past."



"Imagine what it would be like to have a bookshelf filled only with books that you really love. Isn't that image spellbinding? For someone who loves books, what greater happiness could there be?"

SIMPLICITY



1. DECIDE TO TIDY UP

Think you can't do it? If so you are wrong. Everyone can learn how to tidy up.



2. VISUALIZE YOUR IDEAL LIFESTYLE

It all starts with visualizing your ideal lifestyle.



3. FINISH DISCARDING FIRST

Finish discarding first. But don't choose what to discard. Choose what to keep.



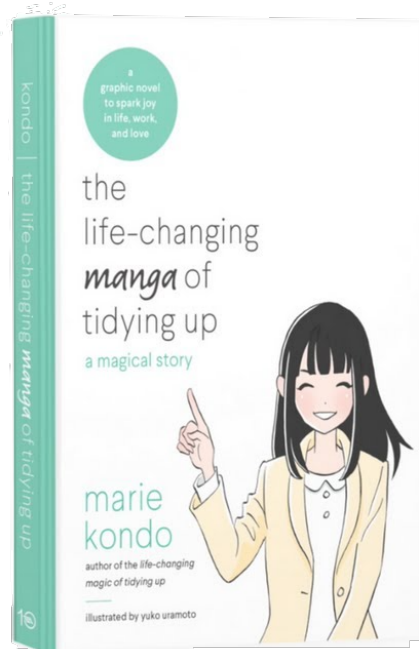
4. TIDY BY CATEGORY

Don't tidy by place or by room but by category.



6. CHOOSE BOOKS BY FEEL

Do you have unread books that you intend to read "someday"? Believe me. "Someday" never comes.



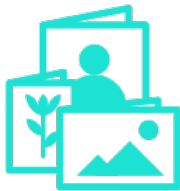
5. JUST FOLD AND STAND UPRIGHT

Folding your clothes is an opportunity to show them your appreciation for all they do to support life.



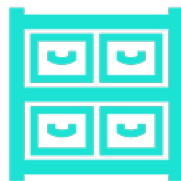
7. PAPERS AND KOMONO

The rule of thumb for papers is to discard them all. Keep only those that you're certain you will use in the future.



8. LEAVE SENTIMENTAL ITEMS FOR LAST

We live in this moment. Who you are now is more important than memories of your past. Be good to yourself.



9. STORE THINGS WHERE THEY BELONG

Designate a "home" for each thing and store it where it belongs.



10. LIFE BEGINS AFTER PUTTING YOUR HOUSE IN ORDER

As a tidying consultant, Marie has seen how tidying up sparks joy in the lives of many people.



Your Ideal Lifestyle

What comes to mind when you envision your ideal lifestyle?



Your Excitement

What are some reasons you are excited to tidy up?



Your Allies

Who could you have on your side to help you tidy up?



Getting Started

What will it take for you to get started?
