

Some thoughts I gathered from Marie Kondo's
The Life-Changing Magic of Tidying Up
the Japanese art of decluttering and organizing

by Susan Prolman

Only have possessions that truly bring you joy. Appreciate them. Take good care of them. If there is an item in your home that doesn't spark joy when you touch it, don't keep it.

Difficulty making decisions, for example whether to buy an item or whether to move an item out of the home, indicates a lack of self-confidence. We buy or keep items that don't bring us joy either because of attachment to the past or fear for the future. Both relate to feelings of inadequacy. We aren't confident in our own judgment so we bury ourselves physically and emotionally in superfluous items.

People make other life decisions that don't spark joy for similar reasons. We may choose a spouse we think will bring us some advantage (wealth, status, approval, etc.) or because we are afraid of ending up alone instead of choosing a person we enjoy being around. We may make career choices based on concerns for financial stability, opportunities for advancement, or what others will think rather than because we like the work and want to do it. Likewise, we may spend our free time doing things we don't really want to do.

Tidying helps us understand what we truly value. Our possessions are one record of decisions we have made throughout our lives.

It's about the person we are now. Items from the past that no longer spark joy helped make us the person we are today. They have served their purpose. Only keep items that bring joy now.

Try not to keep paper. For example, we receive the joy of a greeting card when we open, read, and acknowledge it. We don't have to hold onto it beyond that unless it continues to spark joy.

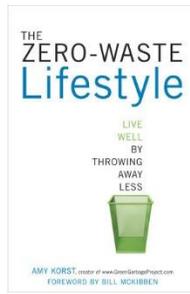
Here's how to think about an item that we either don't use or don't like but feel would be a waste to get rid of, such as a garment we bought but never wore. Either

- we already experienced the joy when we bought it, or
- there is value in what we can learn from having purchased of an item that didn't bring joy.

In either case, the value of the physical and mental space the item takes up is far greater than the value of some possible future use.

Someday (as in "I may use this someday") never comes. Even if we relinquish an item and find that we later need it, we can take action then to get what we need.

There is no need to buy storage systems to store more. If we keep only those items that spark joy, our storage space will be enough.



Some thoughts I gathered from Amy Korst's
The Zero-Waste Lifestyle
Live Well By Throwing Away Less

Have nothing in your home you don't know to be useful or believe to be beautiful.

It's not possible to consume enough to make you happy.