30-DAY WHOLE HOME DECLUTTER & KONMARI CHECKLIST

SYSTEMATIC CATEGORY-BY-CATEGORY PURGE, SPARK-JOY EVALUATION & PURPOSEFUL REORGANIZATION

30-DAY SPRINT START: _____/_____/20____ **TARGET COMPLETION: _____/_____/20____** **PRIMARY CHARITY RECIPIENT: _____** **TARGET BAGS CLEARED: _____**

1. CLOTHES & WARDROBE

[ ] Day 01
Tops, T-Shirts & Sweaters
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 02
Pants, Jeans, Skirts & Shorts
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 03
Coats, Jackets & Outerwear
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 04
Underwear, Socks & Sleepwear
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 05
Shoes, Boots, Sneakers & Sandals
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 06
Bags, Belts, Hats & Accessories
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

2. BOOKS & MEDIA

[ ] Day 07
Fiction & Leisure Novels
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 08
Non-Fiction, Career & Reference
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 09
Cookbooks & Kitchen Binders
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 10
Magazines, Catalogs & Booklets
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 11
DVDs, CDs, Video Games & Media
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 12
E-Readers & Digital Audiobooks
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

3. PAPERS & DOCUMENTS

[ ] Day 13
Junk Mail & Expired Coupons
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 14
Receipts & Monthly Statements
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 15
User Manuals & Warranty Cards
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 16
Medical, Dental & Insurance
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 17
Tax Documents & Vital Papers
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 18
Notebooks & Greeting Cards
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

4. KOMONO (MISCELLANEOUS)

[ ] Day 19
Cables, Chargers & Old Phones
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 20
Makeup, Skincare & Toiletries
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 21
Medicine Cabinet Expired Items
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 22
Kitchen Pots, Pans & Utensils
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 23
Food Storage Containers & Lids
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 24
Bed Linens, Blankets & Towels
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

5. SENTIMENTAL & CELEBRATION

[ ] Day 25
Travel Souvenirs & Trinkets
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 26
Letters, Cards & Children's Art
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 27
Loose Family Photos & Albums
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 28
Heirlooms & Special Keepsakes
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 29
Final Donation Center Drop-Off
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

[ ] Day 30
Deep Clean Sanctuary Celebration
Keep: ____ Donate: ____ Toss: ____
Spark Joy: [ ] YES [ ] NO
Notes: _____

KONMARI PHILOSOPHY: Does it spark joy? If yes, keep with gratitude. If no, thank it for its service and release it.

Total Bags Donated: _____ Total Bags Recycled / Trashed: _____ Home Energy Rating: [1] [2] [3] [4] [5] Signature: _____