



PERSONAL DECLUTTERING & CLEANING

Planner

Sd
SELORM DREAMAKER
INTERIOR DESIGNER

RULES OF KON MARI

- Declutter before organizing
- Take photos of your space before you begin
- Start the tidying up process with clothes first
- Hold each item in your hands, and ask yourself, "Does this item bring me joy?"
- Before getting rid of an item, hold it and say, "Thank you"
- Fold clothes the Marie Kondo way
- Tidy sentimental items last
- Know that it will look worse before it looks better
- Do and your children will follow
- Tidy up before you move

KON MARI CHECKLIST

Maybe you forgot about something that you could declutter.
It's just meant to help you remember.

CLOTHES

- ☐ TOPS + SHIRTS, SWEATERS, ETC.
- ☐ BOTTOMS: PANTS, SKIRTS, ETC.
- ☐ DRESSES
- ☐ OUTWEAR
- ☐ PAJAMAS
- ☐ SOCKS AND UNDERWEAR
- ☐ BAGS
- ☐ ACCESSORIES
- ☐ COSTUMES AND UNIFORMS
- ☐ ACTIVEWEAR AND SWIM SUITS
- ☐ SHOES

BOOKS

- ☐ GENERAL
- ☐ COOKBOOKS
- ☐ MAGAZINES
- ☐ REFERENCES
- ☐ VISUAL AND PORTFOLIOS

PAPERS

- ☐ GREETINGS CARDS
- ☐ WARRANTIES
- ☐ MANUALS
- ☐ PAYSLIPS
- ☐ CLIPPINGS
- ☐ CREDIT CARD AND BANK STATEMENTS

KOMONO

- ☐ CDS, DVDS
- ☐ VALUABLES
- ☐ ELECTRONICS
- ☐ BEAUTY PRODUCTS
- ☐ HOUSEHOLD ITEMS
- ☐ KITCHEN GOODS
- ☐ HOBBY AND CRAFT ITEMS
- ☐ BEDDINGS
- ☐ TOOLS
- ☐ PASSPORTS AND CREDIT CARDS
- ☐ SPARE CHANGE
- ☐ FIGURINES AND ART
- ☐ OTHER AND RANDOM

SENTIMENTAL

- ☐ JOURNALS AND DIARIES
- ☐ LETTERS
- ☐ PHOTOS AND SCRAPBOOKS
- ☐ KIDS' KEEPSAKES
- ☐ HEIRLOOMS
- ☐ GIFTS
- ☐ TROPHIES
- ☐ SOUVENIRS

FIND ROOT OF CLUTTER

Describe the PROBLEM:

WHY

WHY

WHY

SOLUTION:

DECLUTTERING GOAL

Main decluttering goal:

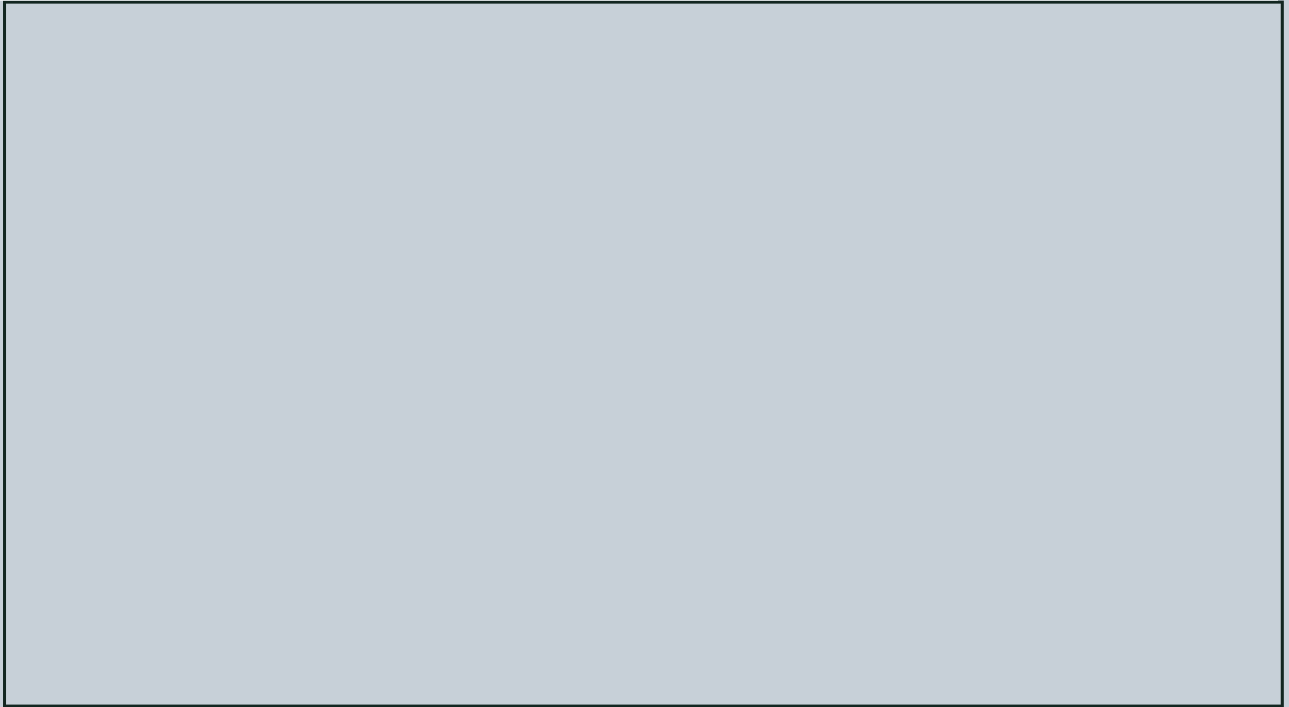
Splitting goal into manageable sections			

Splitting sections into tasks			
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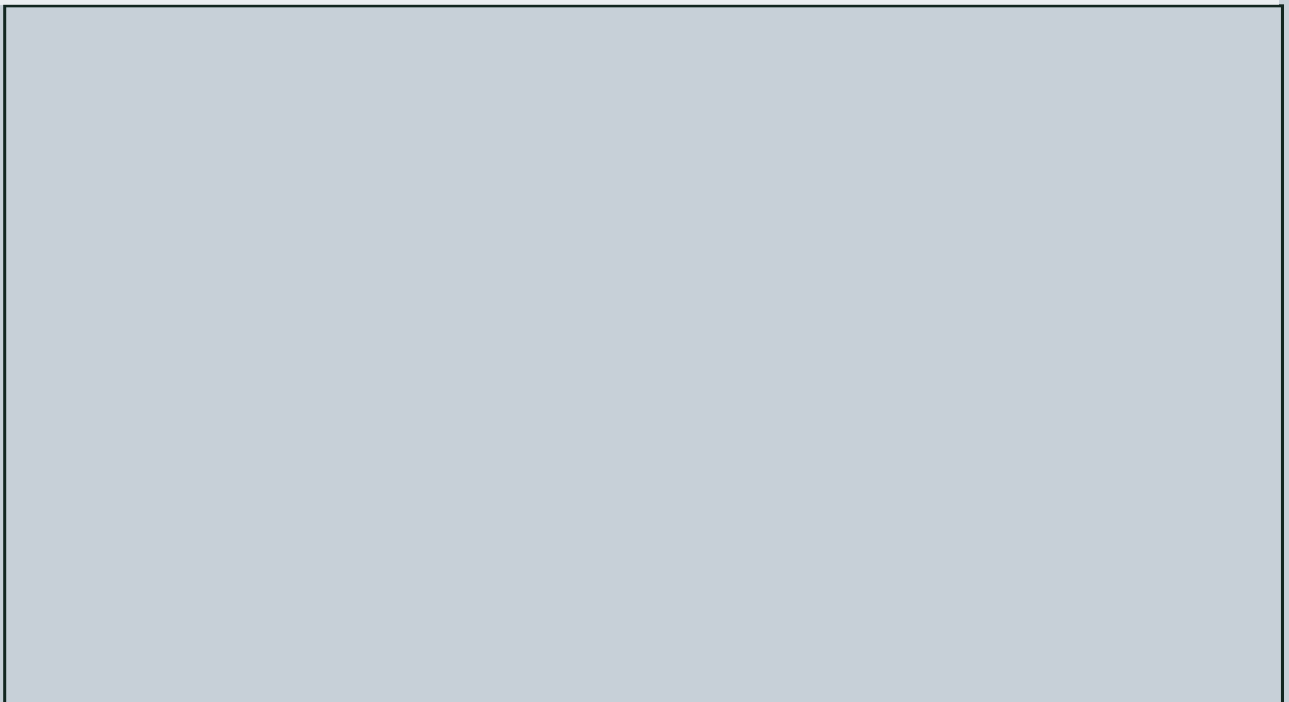
MINDSET FOCUS

BEFORE CLEANING

CURRENT SPACE FEELING & REFLECTION ABOUT YOUR LIFE

A large, empty rectangular box with a thin black border, intended for writing reflections on the current space feeling and life.

TARGET SPACE IDEAL LOOK & REFLECTION OF LIFE

A large, empty rectangular box with a thin black border, intended for writing reflections on the target space ideal look and life.

MINDSET FOCUS

AFTER CLEANING

WHAT IS IMPROVED AND LEARNT

--

CURRENT SPACE LOOK & FEEL

--

7 DAY DECLUTTER CHALLENGE

	CATEGORY	GOALS	NO OF ITEMS to DECLUTTER
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			

FIX, REPLACE, SELL

[illegible]

CONTROL YOUR CLUTTER

Make a list of all of the areas that are cluttered in your home. Start with the things that annoy you or stresses you out the most.

DAILY CLEANING

DATE:

MORNING	
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EVENING	
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DAY	
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BEFORE BED	
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NOTES

WEEKLY CHORES

ALL ROOMS

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<input type="checkbox"/>		<input type="checkbox"/>	

BEDROOM

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LIVING ROOM

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<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>	

MONTHLY CLEANING

Month:

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Mon	Tue	Wed	Thu	Fri	Sat	Sun

SEASONAL CHORES

Quarter 1



Quarter 2



Quarter
3



Quarter
4



SPEED CLEANING

[illegible]

HOME MAINTENANCE

EVERY MONTH

[illegible]

EVERY 2 MONTHS

[illegible]

HOME MAINTENANCE

EVERY 4 MONTHS

This image shows a single sheet of white paper with horizontal blue lines. A solid black vertical line runs down the left side, creating a margin. Along this line, there are nine circular punch holes, evenly spaced from top to bottom. The rest of the page is blank except for the horizontal ruling.

EVERY 6 MONTHS

[illegible]

HOME MAINTENANCE

ANNUALLY

[illegible]

MID YEAR

[illegible]

CLEANING ZONES

ZONE CLEANING

ZONE:

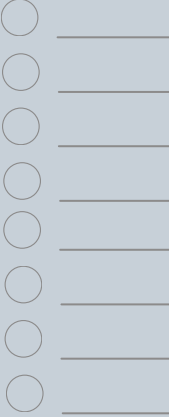
ZONE:

1ST QUARTER CLEANING

SUPPLIES

This image shows a blank sheet of white paper with ten horizontal blue lines. On the left side of each line, there is a small, empty circle, likely intended for a student's name or a grade. The circles are aligned vertically with their respective lines.

DINING ROOM



KITCHEN

[illegible]

LIVING ROOM

[illegible]

CLOSETS

[illegible]

ENTRY

[illegible]

BATHROOMS

[illegible]

OTHER

[illegible]

OFFICE

[illegible]

QUARTER 1 CLEANING

SUPPLIES

- ☐ Glass/wood cleaner
- ☐ Stainless steel cleaner
- ☐ All purpose cleaner
- ☐ Shower & tile cleaner
- ☐ Toilet cleaner
- ☐ Mop/mopping solution
- ☐ Bucket
- ☐ Broom
- ☐ Dusting spray
- ☐ Paper towels
- ☐ Rags or sponges
- ☐ Laundry baskets or boxes

CLOSETS

- ☐ Organize apparel
- ☐ Dust shelves, hangers
- ☐ Wipe down baseboards
- ☐ Toss or donate unused items
- ☐ Tidy jewelry
- ☐ Vacuum/sweep

BATHROOMS

- ☐ Clean counters & sink
- ☐ Clean out drawers & cabinets
- ☐ Wash windows, mirrors
- ☐ Unclog /clean drain
- ☐ Deep clean shower
- ☐ Wash shower curtain & bath mats
- ☐ Scrub the toilet and tub
- ☐ Take out trash
- ☐ Vacuum/sweep
- ☐ Mop

DINING ROOM

- ☐ Dust ceiling fan, blinds
- ☐ Dust tables, chairs, vents
- ☐ Wipe down baseboards
- ☐ Clean windows
- ☐ Dust furniture
- ☐ Organize decor
- ☐ Shake out area rug
- ☐ Vacuum/sweep

LIVING ROOM

- ☐ Dust vents, fan, tabletops
- ☐ Clean curtains, windows
- ☐ Wipe down baseboards
- ☐ Tidy display items
- ☐ Wipe down walls
- ☐ Shake out area rugs
- ☐ Check smoke detector
- ☐ Vacuum/sweep
- ☐ Dust furniture
- ☐ Wash throw rugs
- ☐ Mop

OTHER

- ☐ Dust shelves
- ☐ Wipe down baseboards
- ☐ Clean windows
- ☐ Dust furniture
- ☐ Take out trash
- ☐ Vacuum/sweep
- ☐ Mop

KITCHEN

- ☐ Clean counters, sink
- ☐ Deep clean stove
- ☐ Tidy & wipe down cabinets
- ☐ Clean drawers & cabinets
- ☐ Clean windows
- ☐ Clean microwave
- ☐ Take out trash
- ☐ Clean trash cans
- ☐ Clean counter top appliances
- ☐ Clean refrigerator
- ☐ Vacuum/sweep
- ☐ Mop

ENTRY

- ☐ Wipe down baseboards
- ☐ Organize decor
- ☐ Clean out closet
- ☐ Dust furniture + nick nacks
- ☐ Tidy jewelry
- ☐ Clean or change rugs
- ☐ Vacuum/sweep

OFFICE

- ☐ Clean windows
- ☐ Clean desk & shelves
- ☐ Organize cables
- ☐ Organize supplies
- ☐ Clean computer, keyboard
- ☐ Shred paper & trash it
- ☐ Take out trash
- ☐ Vacuum/sweep
- ☐ Mop

CLEANING BEDROOMS

DATE:

Bedroom:	
	Dresser
	Desk
	Shelves
	Under bed
	Nightstand
	Closet shelves
	Closet clothes
	Shoes
	Decor

Bedroom:	
	Dresser
	Desk
	Shelves
	Under bed
	Nightstand
	Closet shelves
	Closet clothes
	Shoes
	Decor

Bedroom:	
	Dresser
	Desk
	Shelves
	Under bed
	Nightstand
	Closet shelves
	Closet clothes
	Shoes
	Decor

Bedroom:	
	Dresser
	Desk
	Shelves
	Under bed
	Nightstand
	Closet shelves
	Closet clothes
	Shoes
	Decor

DECLUTTERING PLAN

[illegible][illegible][illegible][illegible][illegible][illegible][illegible]

DISCARD LIST

[illegible]

ROOM DECLUTTERING

GET RID OF IN 30 DAYS

TASK CHART

TASKS	M	T	W	T	F	S
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NOTES

TO DO LIST

Notes

[illegible]

VISION BOARD

NOTES