The Konmari Method of Bullet Journaling

As you might know, bullet journaling is a way to turn your journal into a detailed planner and organizer. It includes your schedule, tasks and lists, thoughts, ideas, goals, and so much more. If you are also a fan of the popular book, The Life-Changing Magic of Tidying Up by Marie Kondo, then you should learn what is being known as the Konmari Method for bullet journaling.

**About the Konmari Method**

First of all, it helps to know what the Konmari Method and how it can help you when you are using your bullet journal. The Konmari Method is simply a shorter term for “The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing”, a book written by Marie Kondo. People who use this method of decluttering their home will often call it the Konmari Method for short.

In the book, you learn about the importance of decluttering your home and your life, and get some easy methods for doing this. You are relying on your emotional attachment to certain items when deciding what to keep or what to get rid of.

**Make a List of Your Belongings**

When you are using this method with your bullet journal, the journal itself is helping you to figure out what you’re keeping or getting rid of, and creating a plan for the entire decluttering experience. The first step is to make a list of all your belongings in the bullet journal. This is where you start with decluttering. Right away, you will probably write something down you know you don’t want or need, which is great! Cross it off now so you don’t have to worry about it later.

**Find the Joy**

The next step is to find the joy in the items you have written down. Go down the list, bringing your journal with you as you pick up each item or touch it. When you look at it or pick up the item, you should feel a sense of joy and happiness. Does it bring up a happy memory? Do you feel more comforted knowing it is there? If so, keep the item. If not, get rid of it. For items that don’t bring you joy, cross them off in your bullet journal now so you don’t lose track later.

By the time you are finished, you have a list of items you are keeping and getting rid of right in your bullet journal. You can keep this for later when it is time to start decluttering your home.