

## **Lisa Turner's Messing Down Method Or, Will the Marie Kondo Philosophy Work Here?**

**Lisa Turner**

Marie Kondo's book, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, has sold over five million copies. I bought one, and enjoyed it. Marie has gathered quite a following, and there's a waiting list for her consulting sessions in Japan. Now called the KonMari Method, here in the U.S. you can hire a certified KonMari Method certified specialist.

But is the United States really ready for the KonMari Method? Here is the core of Marie's philosophy:

- Start with categories - clothing, books, papers, miscellaneous household items and finally sentimental items.
- As you look at and feel each item, ask yourself if it pleases you, or "sparks joy." If it doesn't, tell it thank you and put it on the donation pile.
- Fold, don't hang, clothes, and store in drawers (except suits and dresses of course).

There's more to the method, but the key here is to realize that Marie's philosophy is about relationship. Relationship with your things. This is a new concept to Americans. Will it work? Yes, I think it will work here in the United States, but with some modifications. Here's what I call the Lisa Turner Messing Down Method: The Art of Recluttering.

Begin with an assessment of what makes you happy in your home. Are you a compulsive cleaner? Are you a messy person and it really doesn't bother you? Do you clean and organize out of guilt?

Once you've figured out who you are and what you want, set up a system that works for you. If you have a family, you'll need to have a group discussion about expectations.

If you're the compulsively clean person, then the KonMari Method may be just right for you. I really think you can accomplish the goals in the book simply by reading it and then being disciplined about completing the steps. One of the things I like about the method is that there is no good reason for keeping something in your closet if you know in your heart that you don't like it and aren't going to wear it even though you spent a lot of money on it or your great grandmother gave it to you. The process of respecting your belongings and sending it to a new home lessens the guilt.

If you're not someone who particularly cares about everything being in its place, then just be yourself. In this case, getting rid of things and cleaning are simply practical matters that you can do when you have to. Having plenty of storage spaces will be helpful, since you're not inclined to periodically make the joy/no joy decisions.

If you're clearly a messy person, or a hoarder, then the junk drawer system I talked about in a previous article will be perfect for you. The art of decluttering is having enough junk drawers and junk closets so that you know what junk is in what drawer or closet. With this system, there is no reason whatsoever to give anything away to anyone. You will never say, "Oh gosh, where is that sweater, I must have Kondo'd it out."

One last word about sentimental items. I think it's a mistake to throw out anything that sparks great memories. These are the photographs, letters, and heirlooms. Have a special place for them. You never want to hear, "Oops, I must have given that away."

**Author, *House Keys: The Essential Homeowner's Guide***

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