



Taking a **positive approach** to your tidy up

(it's not just about decluttering!)





What brings **you** joy?

Many of us look forward to downsizing as a way to allow ourselves more time to do the things we want to enjoy.

Ingenia Lifestyle residents tell us that decluttering and downsizing their home has allowed them to live a life where they can travel and spend more time living rather than cleaning and maintaining a large house.

But one of the major factors to consider before downsizing is what to do with all your 'stuff'?

The KonMari Method™ is a future-focused, positive framework to organise your home, it guides you to make decisions on what to keep and what to let go, based on your own personal values, the life you want to lead and what brings you joy.

By learning to organise your belongings you will discover how much more efficiently you can use your new space and have a functional beautiful home.

*“Spring is a lovely reminder
of how beautiful change can truly be.”*

Tidying Up with the **KonMari** **Method**[™] and Gemma Quinn, Master KonMari[™] Consultant

Facing the fact you have a life full of possessions cluttering up spare rooms, cupboards, garages, storage sheds and anywhere else can be confronting.



The art of tidying up can help you focus on what's more important and turn, what seems like a rather intense mission, into a memory making journey.

By using the KonMari Method[™], which focuses on what you want to keep not what you want to let go, you have a far more powerful and effective decluttering process.

Over 11 million books have been sold, a twice Emmy nominated Netflix series and most importantly, people are transforming their homes and lives.

Australia's first certified KonMari[™] Consultant and an Evaluator for KonMari[™] Media, Inc., Gemma Quinn, takes us through the basics of the innovative method that has swept the world by storm.

"I take people on a path to self-discovery, mindful living and fulfilment," Gemma said.

"In my time working with downsizers, I understand the importance of their possessions and the emotionally importance they have.

“My approach is to display a system they can apply to their home that will allow them to not feel burdened by their belongings and the way things are stored.

“Many people I have worked with are looking to downsize their home, but they don’t know where to start on deciding what to keep and what to discard.”

Pressure points for clients can include:

- Fear of a difficult process
- Moving home and unsure of the journey
- Not wanting to let go of things because of ‘monetary value’
- Dealing with your belongings is dealing with your emotions. It’s hard.

Some of Gemma’s favourite quotes from Marie Kondo, the creator of the KonMari Method™ include:

“There’s only two reasons why we can’t let go of something; holding on to the past and fear for the future.”

“If you have a foot in the past and a foot in the present, you’re not living.”



The **six steps** to the KonMari Method™

It's important to note the KonMari Method™ is not about minimalism.

It's about being surrounded by possessions that spark joy and are useful. If it makes you happy, have it in your life.

Using this method will help you to organise your home and belongings for yourself to live a life where you're not pressured to hold on to items you no longer need.

Completing the six steps to the KonMari Method™ can be one of the most rewarding experiences in your life.

1. Commit yourself to tidying up
2. Imagine your ideal lifestyle
3. Tidy by category, not by location
4. Follow the right order
5. Ask yourself if it sparks joy
6. Finish letting go first

Gemma said the KonMari Method™ is an ongoing practice similar to yoga, golf or dancing.

“Just like anything that requires skill, you change and improve your practice as you go.

“My own initial tidying marathon to compete all the categories took me three months for a one bedroom apartment for one person.

“The number one important step is to give everything a home,” Gemma said.

The number one important step is to give everything a home



Why is **tidying up** different to decluttering?

Tidying up is a lovely journey whereas decluttering is getting rid of things.

Tidying up allows you to focus on what makes you happy and to recall why you love those things and feel the need to reengage with them.

The 'Spark Joy' concept from the KonMari Method™ provides a structure which allows you to make a decision on how much value you have on a thing, or what makes you happy rather than thinking about waste or guilt.

Focusing on what Sparks Joy helps people let go of things through gratitude and purpose and is a future focussed activity.

Gemma explains this is a massive part of the emotional process and removes negative associations with letting go of old possessions, particularly in times of grief.

"If you recognise that the object has served a purpose, you cherish the happy memory associated with it (or if it has a negative associated feeling), let it go or give it away to be of value elsewhere, so the item never feels like it was wasted.



"This is where the life changing magic happens because each time you do that, you understand more of yourself.

"When you understand what makes you feel happy, excited, joy and love you trust the process and begin to laugh at yourself for holding on to items that do not ignite a fire inside.

"You grow and understand your sensitivity to what brings you joy through the process, it just gets better and better," Gemma explains.

By letting go of items that have a negative emotion attached to them, you're creating a wonderful beautiful home that's full of things you absolutely love.



Spring time tidy up

As the warmer months begin to heat up, Spring time becomes the perfect season to reorganise and revitalise your ideal life and be happy.

If you're thinking about downsizing but have a few roadblocks in the way, such as decluttering and tidying up the spare room, the garage, the hallway cupboard, (or all of those)... now's the season to look into the Spring time tidy up.

It's also a perfect time to discover more about the how-to's to downsizing and decluttering your home. We ask Gemma a few Q&A's on the Spring time tidy up.

IS IT POSSIBLE FOR A COUPLE TO LET GO OF 40 YEARS OF STUFF?

Yes, absolutely. It shouldn't be about 'letting go'. It's about choosing what you love and finding other ways your items could be of value to someone else and change their life for the better. Sentimental items are hard, put them to one side and tidy them last. By doing this it's liberating and you can get on with living your ideal life.

WHAT DO YOU THINK IS THE BIGGEST HURDLE FOR BABY BOOMERS?

You can't live an ideal life if you're living in the past. Getting Baby Boomers to understand if they can stop buying, it saves them a lot of money. Money that can be used going on a cruise etc.

WHAT ADVICE DO YOU HAVE FOR THEIR DOWNSIZING JOURNEY?

Downsizers know what life is about and what makes them happy. They know life is hard, short and things can change. Embrace the now and the joy, don't let the past, any obligations or the 'what if' hold you back or stop you from living your best life.

WOULD YOU SAY THE INCREASE IN DOWNSIZING BABY BOOMERS SEES AN INCREASE IN ADULTS NOT WANTING JUNK?

People have gone from post war frugality, to accumulating things through a family life and now, there is a mass of cheaply made products. So now people don't know what to do with the items they've accumulated, as they don't have the same value they once did.

Those wanting to tidy up are at a crux in their life and need to do it or, they have something they need to let go of. People often want change in their life but don't know what it is.

The KonMari Method™ allows them to work this out as they're questioning everything. It's about the connection to your belongings and the joy they bring you.

IS IT OK TO GIVE AWAY GIFTS?

The purpose of gifts is to be given. Once that's happened it's okay for them to be let go and for someone else to enjoy them.

WHAT ABOUT SENTIMENTAL ITEMS

Sentimental items are tidied last, so by the time you go to tidy them, you have changed and you see them from a different perspective. You're able to clearly see what does/doesn't 'Spark Joy'.

AND WHAT ABOUT PURCHASING AN ITEM/BARELY WORN IT/GUILT OVER THROWING IT AWAY

This can be hard for people to deal with, as it can identify emotions of guilt or regret, however if you acknowledge these emotions and thank the items for teaching you these, it's far easier to let them go and learn a lesson.

If you don't let them go, and they're in your wardrobe, subconsciously you will be experiencing those emotions each time you see them. So, I think it's better to cut your losses, acknowledge them and send them on their way.



HOW DO YOU ORGANISE THE ITEMS YOU'RE KEEPING?

We give everything a home (tip: use lots of small boxes), store vertically and store like with like.

FEELINGS AFTER A KONMARI™ CONSULT

Every single person says they feel liberated. Some clients might have a hard moment or two, as by dealing with our belongings we're dealing with ourselves, however I am there to support and guide them through the process.

HOW CAN YOU UNLOCK OTHER AREAS OF LIFE AFTER A TIDY UP?

It naturally happens. It operates in a parallel system. After a tidy up, you question why you have wasted time and money on buying an item that doesn't 'Spark Joy'. This mentality crosses over to all aspects and you learn a certain structure that helps you live a life of joy.

You begin to change and that can help with your money, health, relationships and mentally; it infuses into every aspect of your life.





Ingenia Lifestyle

1800 135 010 ingenialifestyle.com.au

Copyright Ingenia Lifestyle 2020