

FEELING OVERWHELMED BY CLUTTER?

The popular Netflix series, "Tidying Up", featuring Marie Kondo stresses if an item doesn't "spark joy", you should discard it. By following her method, you will only surround yourself with items that support your envisioned lifestyle.

The KonMari Method for Decluttering:

1. Do all of your tidying at once
2. Imagine your ideal lifestyle
 - How do you want to feel when you're done?
3. Determine if the item "sparks joy"
4. Tidy by category, not location
 - Instead of tackling one closet or dresser drawer, sort all of the clothing at once
5. Tidy in order
 - Clothing
 - Books
 - Papers
 - Miscellaneous stuff
 - Sentimental items



Once you have identified those items that no longer "spark joy", Marie Kondo suggests donating these items rather than throwing them away. When you donate your gently-loved items to Goodwill San

Antonio, you help fund our mission to provide education, training, and career services to individuals facing barriers to employment. Your items will bring joy to others be it customers searching for quality goods at affordable prices, Good Career Academy students training in a high-demand field, or a Good Careers Center client receiving meaningful one-on-one job preparation assistance.

