

Spark Joy

by Marie Kondo

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Run a five-object joy test**

Choose five items from one category, hold each one, and sort them into keep, release, or undecided. Notice which answers come from your body and which come from guilt.

MON TUE WED THU FRI SAT SUN

⁰² **Make one complete category pile**

Gather every item from a single small category, such as mugs, scarves, pens, or chargers, into one place. Decide from the whole pile instead of tidying one drawer.

MON TUE WED THU FRI SAT SUN

⁰³ **Thank one object out loud**

Pick something you are ready to release and name the role it played. Gratitude helps the decision feel complete instead of wasteful.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Assign homes before buying storage**

For everything you keep today, choose the exact place it returns to after use. If there is no home, solve that before adding bins, baskets, or organizers.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Leave sentiment for last**

Do not start with photos, letters, gifts, or heirlooms. Build decision strength on easier categories first, then come back when your joy signal is clearer.