

# **Anarkonmari Method**

## **[anarchominimalism.noblogs.org](http://anarchominimalism.noblogs.org)**

- Start by separating your possessions into the groups below. Gather all items in each category in one place. For example, if you are decluttering zines get ALL the zines from each and every room (plus car, garage, basement) and place them in a pile.
- As you go through the pile, hold each possession in your hands and interrogate each item to make sure it still serves you (brings you happiness, or fulfills a need).
- The group order goes from easier to more intense. Tackling the easy groups like Clothing will prepare you for the more challenging ones like Sentimental Objects.

- **Discard intensely and completely. Do not hold back. If something shouldn't 100% remain in your life, then it shouldn't be in your life.**
- Store your remaining loved possessions together by category. For example, store all pocket knives together. Store all lightbulbs together. Do not store according to frequency of use, but rather use of space.
- When you've finished decluttering, you should be surrounded with only the things you love and need.
- Thank the possessions that you have chosen to part from for their contribution to your life, and then offer the reusable ones to your friends. Dispose of the rest.
- Going forward, continue this rigor of intentionality as new potential possessions vie for a place in your life and space.

**Tip: Get rid of anything that has been or could be connected to a crime**

○ **1. Clothing**

- Tops/Shirts/Hoodies
- Shorts/Pants
- Dresses/Skirts
- Outerwear/Jackets
- Bags/Purses
- Accessories/Belts/Hats
- Jewelry
- Pajamas
- Handbags/Purses
- Backpacks/Fannypacks/Totes
- Belts/Scarves
- Shoes/Boots
- Hats/Gloves
- Socks/Underwear/Bras
- Costumes/Festish Gear
- Athletic Clothes
- Swimwear
- Winter Clothing

## ○ **2. Books**

- Books
- Zines (especially incriminating ones)
- Cookbooks
- Text Books/Educational/Reference
- Magazines
- Photo/Coffee Table Books

## ○ **3. Paper**

- Tax Documents
- Bills/Credit Card Statements
- Fliers (especially incriminating ones)
- Posters
- Stickers
- Receipts (especially incriminating ones)
- Newspapers
- School Notes/Papers
- Court Documents/Tickets/Legal

## ○ 4. **Kitchen**

- Food in Fridge and Cupboards
- Sauces
- Spices
- Coffee/Tea/Alcohol
- Supplements/Vitamins
- Utensils (including plastic)
- Knives
- Oven Mitts/Aprons
- Pots/Pans
- Serving Ware
- Baking Sheets/Accessories
- Dishware
- Cups/Mugs/Glasses
- Travel Cups & Water Bottles
- Paper Cups/Plates/Napkins
- Dishtowels/Rags
- Reusable/Paper/Plastic Bags
- Small Appliances
- Storage Containers/Tupperware
- Cutting Boards

## ○ **5. Electronics**

- Cables/Chargers
- Physical Movies/Music
- Video Games
- Harddrives/Flash Drives/SD Cards
- Speakers/Keyboards/Monitors/Mice
- Headphones
- Cameras/Film
- Old Computers/Cell Phones/Tablets

## ○ **5.1 Digital Minimalism**

- Social Media accounts
- Logins/Passwords
- Applications/Programs
- Contact Lists
- E-mails
- Media/Photos/Music
- Text Messages/Group Chats
- Misc Files
- Incriminating Digital Evidence
- Metadata/Browser Histories/Cookies
- Personal information on Data Broker Sites

## ○ **6. Miscellaneous**

- Tools (especially incriminating ones)
- Office Supplies/Writing Utensils
- Paint
- Hobbies and Crafts Supplies
- Batteries/Light Bulbs
- Make-Up/Hair/Skin Products
- Prescriptions/Medical Supplies
- Furniture
- Pillows/Blankets/Sheets/Linens
- Cleaning Products/Chemicals

## ○ **7. Sentimental**

- Albums/Photos
- Journals/Diaries
- Souvenirs
- Personal Letters/Post Cards
- Greeting Cards
- Heirlooms
- Special Gifts
- Spiritual/Religious Objects