

Six Ways to Welcome in the Spring with Joy with Marie Kondo

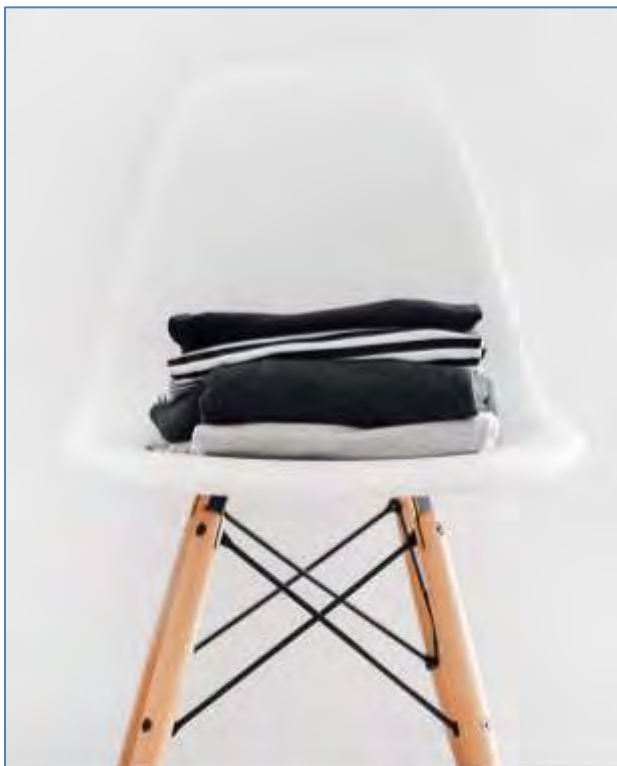
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Everyone has something in their lives that needs a fresh start, a makeover, a cleanse. Spring is the perfect time for both reassessing the old and embracing the new. You won't get healthier by putting coconut oil on a hamburger. Sometimes you have to reimagine the dish altogether. Even before her bestselling book, *The Life-Changing Magic of Tidying Up*, and becoming one of *Time* magazine's 100 Most Influential People in the World, Marie Kondo had a passion for organizing. She took her passion and created the KonMari method, a method where you simplify through prioritizing what matters. Begin by asking yourself: What sparks joy? Find the joy in all areas of your life, and flush out any sadness as you move into the spring season.

1. Imagine the life you want to lead

What does your [ideal lifestyle](#) look like? Now bring that idea to life by cutting out images from magazines that reflect the lifestyle you desire. It doesn't have to seem plausible in the moment, just let yourself dream. Picturing the kind of life you want to lead -- with your family, your friends, your health -- will help you clarify what items and activities will fit into your ideal life.



2. Tidying

Once you have an idea of the life/home you want to create for yourself, start making it happen. Using the KonMari method, first discard items that don't spark joy, then organize what's left over. The specific order for decluttering your home begins with clothes, books, papers, and miscellaneous items, with sentimental items last. See if an item sparks joy within you by holding it for a minute. If having this item in your life brings a smile to your face, it's worth keeping, if not, thank the item and discard. [Click here for the full guide.](#)

3. Hold a yard sale

With all the tidying and discarding you're doing, why not spark more joy by holding a yard sale? An estimated 80% of Americans who move into a new home do so between the months of April and September. Spring is the perfect time to decongest and let go of those items that no longer spark joy. Yard sales are also a great way to meet and connect with neighbors and people in your community. Not only do you get the joy of a few extra bucks, you also find joy in passing along once-loved items to those who really need them.



4. Plan to make over your diet

The winters always seems to bring out your inner couch potato, where you get too comfortable with your microwaved meals and sugary snacks. Warmer weather makes you want to move and eat fresher, lighter foods. Fruits and vegetables can be incorporated in more ways than you may think. Smoothies, for one, are an easy way to disguise vegetables like spinach or kale, but add a banana or blueberries for some sweetness. If you haven't already, invest in a blender to make this quick meal or snack the easiest option.

5. Plant a garden

While not everyone has a big enough yard for a garden, you can definitely start growing herbs and small vegetables on your windowsill. Purchase some indoor planters and seeds to grow your own basil, tomatoes, peppers, and more! This is also a great way for kids to learn about the benefit and gratification of growing their own food.

6. Fix up the house

If you can't get away for the spring, try to improve your home situation instead. Spring is the perfect time for all those household repairs you've been putting off. Take a trip to the local hardware store to stock up on any materials you may need for sprucing up your home. Find a tutorial online for the more difficult tasks, or call a friend to help you out.

American essayist Ralph Waldo Emerson once said, "Consistency is the hobgoblin of little minds," meaning you don't have to stay consistent with the life you've been leading if it doesn't spark joy. Have a joyful spring!