



does it
spark joy?

a joy-checking
guide



soulful simplicity

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Joy-checking is about making room for what truly matters to you, and intentionally creating a life you love!

why do it?

To discern what's truly right for you, so you can be in effortless flow with your personal energy.



listening for your "yes"



1 | get ready

Go throughout your house and collect ALL items that belong to the same category. Pile them in one place so you can see the total volume! *You need the full impact of realizing how many items you have.*

2 | create space + quiet

Make sure you have quiet and can focus so you can listen in to your inner senses. *Cultivate a meditative, conscious energy.*

3 | tune in

This is about listening to your heart + intuition (and not your head!)



listening for your "yes"



the clear "yes" feeling

First, quickly pick one thing from the pile that you know, without thinking, is a 100% YES! Hold it, and *notice how you feel in your body. Remember this feeling.*

the "no" feeling

Pick something that is an easy NO. Hold it, *notice how you feel. Remember this feeling.*

that "not sure" feeling

Pick something that you feel conflicted about. Hold it, *notice how you feel. Remember this feeling.*

Set the 3 things to the side so you can see them and refer to them when you aren't sure if you should keep something or not.



questions



- 1 Does this reflect who I was in the past — or who I'm becoming *now*?
- 2 Does this truly fit my vision for my space and my life going forward?
- 3 If I'm honest with myself, would I prefer not to keep it?
- 4 Has this completed its role?
- 5 If I had to get it again right now, would I buy it super-enthusiastically?
- 6 Will I **really** fix/sell it? Do I honestly have the time to do that — or is my time needed for other things that are higher priority?



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permissions



Let's say this: You're here to thrive!
This is your life and only you know what lights you up. If, in the past, you have been a people-pleaser, we give you permission to release that habit.

If you feel conflicted or guilty about letting go of something, remember: releasing anything that isn't right for you is a "YES" to your one wild and beautiful life. Every true "yes" you honor empowers you!

Anything that isn't a 100% yes has probably completed its role in your life. *So you can thank it and release it so it can serve another.*

**ANYTHING THAT IS A 100% YES,
KEEP WITH CONFIDENCE,
AND TREAT IT WITH RESPECT
BY GIVING IT A HOME.**



permissions



You're allowed to release gifts you don't love.

You received the intention and you keep the gratitude for the giver's intention. Ask yourself: would you want someone to keep something you gave them out of guilt?

You're allowed to release things you've been hanging on to "just in case."

Replace fear-based scarcity thinking with faith. Cultivate TRUST that when you need something you will get it. This is a big picture Life Attitude thing!

You're allowed to release things you've lost interest in, so you can be fully available to what is exciting to you now.

Thank those things for the intention they represented, or what you gained/learned from them — and then let them serve someone else.



permissions



If you're afraid of forgetting a memory, take a photo!

You're allowed to release things that are broken or in poor condition.

First, they don't serve you in this form. Second, it's a nice intention to want to repair or fix them — but will you? Radical honesty. If the answer is “no” please donate them or recycle them. Keeping broken items causes drag in your life and negative energy in your space.

You're allowed to release things that cost a lot of money.

Keeping expensive things won't bring back the money that was spent. Do you want to store that item as a reminder that you spent a lot of money on it, or would you rather have space for the life you want?

PS. It's super-freeing to generously release expensive items, and consider that you're gifting them to whoever is destined to receive them next.

Letting go with gratitude sends the message that you're ready, willing and able to make space to welcome new experiences + new energy into your life now.



joy-check recap

Does it spark joy?

aka: "Do I *love* it?"

Do I feel happy when I see it?

Do I feel a light feeling in my body?

Does this reflect who I was,
who I think I should be,
or who I am?

Does this fit my vision
of my ideal life? Really?

Is it really necessary?
and does it work?

Is there any bad energy and mixed
or negative feelings / memories
associated with it?



letting go



1 | something whose role is complete

Thank you for...

- completing your role in my life
- the intention you represented
- the feeling of __ you gave me in the past
- working for me at earlier in my life.
- teaching me __
- serving me when I was really into this

2 | a gift you don't want to keep

Thank you for...

- the intention expressed in this gift
- the love and kindness I appreciated and received
- i keep the intentions and release you so you can be of value to someone else

3 | something you just don't like

Thank you for...

- helping me know what I prefer
- showing me what's not my style. It's best for me to surround myself with what's right for me
- i release you so you can give value to someone else



letting go



4 | something linked to a memory

Thank you for

- that moment! I fully lived it and it's part of me now
- i'm making space for lots more wonderful moments :)

Energy always returns in a new form. Pay it forward with confidence and say: "Thanks for everything! Happy travels!"



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For help with your KonMari™ tidying, joy-checking, folding, or organizing your home so it sparks joy, Soulful Simplicity offers in-person sessions and virtual coaching. Send us a note + let's chat. www.soulfulsimplicity.life

