



Downsizing Tips & Tricks

1. Start Early

- It's never too early to start the downsizing process.
 - Give yourself plenty of time, you will come to find that this process will take longer than expected.
 - Starting early helps you to avoid having to rush through the process.
- To avoid exhausting yourself, it's best to keep sessions to 1-2 hours if possible.
 - This is made easier when you give yourself plenty of time for the downsizing process.

2. Set Goals & Stick To Them

- Establish your main goal - what is it you want to accomplish?
- Make a list of tasks needed to achieve in order to reach your main goal, then proceed step by step.
 - Set smaller goals for each session and stop once you reach them.
- Be realistic when setting goals.
 - Make sure to set achievable goals in order to avoid delays and discouragement.

3. Decide On Furniture First

- Once you decide what furniture you plan to keep, you'll have a better idea of how much storage space you'll have available in your new home.
- I highly recommend making a floor plan for your new space so you can be sure exactly what furniture will and will not fit.
 - Eliminate the element of surprise on moving day.

4. Plan & Organize

- Be methodical.
 - Go room by room, starting with the rooms you use the least. Complete one section of a room at a time before moving to the next.
 - Sort similar items together and purge any extras. Avoid saving duplicates!
 - Remove items you no longer want or need from site as soon as possible.



- Focus on problem areas first.
 - Maybe it's your garage or craft room. Problem areas are where items might take more time, energy, and planning to sort through. Or maybe it's areas where there are items with strong emotional attachment. Tackling these areas first often takes a huge weight off your shoulders.
- Do essential areas last.
 - These areas are often the easiest to sort through since you know what you need and use vs what you don't.
 - These areas are the areas you access most, if you start them at the beginning of the process, things can easily get unorganized and confusing, not to mention potentially becoming a mobility issue.
- Manage your work area.
 - Assign a holding zone for each category (using boxes, labels, etc.):
 - Keep
 - Try to sell
 - Recycle or trash
 - Transfer to loved ones
 - Donate
- Prepare for donation and trash.
 - Have bins and trash bags on hand and near you while working.
 - Know local policies regarding trash collection and recycling.
 - Check the policies of charities for pick-up of items for donation.
- Arrange for help to lift or carry heavy items.

5. Be Realistic

- When deciding what to keep, be realistic about what you will really need in your new home.
 - This will help to reduce clutter.
- Some examples:
 - Bed sheets - you really only need 2 sets of sheets for one bed.
 - Oversized stock pots - is it necessary to keep more than one?
 - Clothing/shoes - if it's something you haven't worn in the past 12 months, odds are you won't wear it anytime in the near future.

6. Get Creative

- For example: if you have a lot of photo albums you aren't willing to part with, have those photos scanned onto a disc or USB drive.
 - That way you get to save the photos AND save space!



7. Find Enjoyment

- Allow yourself to reminisce while you're sorting through your items. You may find that going through old items sparks some memories and emotions you haven't felt in awhile. It's okay to take some time and talk about those memories and the stories behind certain items.

