



Downsizing



What is it?

Reality: Downsizing is the challenging & emotional task of sorting through & letting go of years, of even decades, worth of belongings.

Reasons To Downsize

- Retirement
- Overwhelmed by "stuff"
- Unused rooms, furniture, & items
- Lifestyle changes
- Moving
- Safety

How do we accumulate our "stuff"?

- Possessions provide a sense of security & continuity
- Hobbies & crafts
- Items' original costs
- Emotional barriers
- New models become available

Challenges Of Downsizing

- Not knowing where to begin
- Figuring out what to do with all of the stuff
- Not enough time
- Emotional & physical stress
- Not wanting to let go



Benefits Of Downsizing

- Less is more
- Lower costs
- House "shows" better (if selling)
- Give back to your community
- Creates a safer environment
- You stay in control



The Downsizing Process

- Commit to the journey
- Make a game plan
- Sort & organize belongings
- Figure out what to keep
- Decide what to do with unwanted/unneeded items

