

Downsizing - Without The Overwhelm!

Goal: Make the next move calmer, simpler and on
your timeline!

Rule: You're not "downsizing everything" - You're
rightsizing life!



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Step 1: Get Clear Before You Touch A Box

- ☐ What is the real reason for a change? (maintenance/ stairs/loneliness/ cost/ safety/ proximity to family)
- ☐ What do you want more of? (ease/ one floor living/ less upkeep/ closer to people/ walkability)
- ☐ What do you want less of? (stairs/ yard work/ clutter/ repairs/ long drives)
- ☐ Decide your non-negotiables (pick 3 max)
 - ☐ One Floor Living ☐ Garage ☐ Pets Allowed
 - ☐ Walk In Shower ☐ Guest Space ☐ Near Family
 - ☐ Low HOA ☐ Quiet
- ☐ Decide your “nice to haves” (optional, not required):



Step 2: Choose A Timeline (Most People Skip This)

☐ Pick One

☐ 0-3 Months

☐ 3-6 Months

☐ 6-12 Months

☐ 12+ Months

☐ What would make you move sooner? (health change, home issue, finances) _____

☐ What would make you wait? (family timing, emotional readiness, repairs) _____

☐ Anything else to consider?

A piece of lined paper with a red vertical margin line and blue horizontal lines. The paper is white and appears to be a standard sheet of notebook paper.



Step 3 - Don't Sort Everything - Sort In Stages

Use this order - it prevents burnout. Stage A - Easy Wins (1-2 Weeks)

- ☐ Trash/Recycle obvious junk
- ☐ Duplicate Kitchen Tools & Gadgets
- ☐ Old Towels/Linens
- ☐ Clothes that don't fit or aren't worn

Stage B - "Not Daily Use" (2-6 Weeks)

- ☐ Holiday Decor
- ☐ Books You Won't Read
- ☐ Extra Furniture (you don't sit on)
- ☐ Hobby Supplies You No Longer Use
- ☐ Garage duplicates (tools, paint, cables)

Stage C - Memory Items (Last)

- ☐ Pick one "memory bin" per person (hard limit)
- ☐ Photograph sentimental items you won't keep
- ☐ Keep the story, not the object (label photos with names/dates)



Step 4: Use The 4-Pile System (Simple, Works)

For Every Item Choose ONE ---

☐

KEEP (used/needed; fits next home)

☐

DONATE (good condition; someone else benefits)

☐

SELL (worth effort; high value items only)

☐

DECIDE LATER (one box only; review monthly)

Tip: If you put it in “Decide Later” twice, it becomes Donate!





Step 5: High-Impact Home Prep (Avoid Busy Work)

**Do only what improves safety, cleanliness, and
first impressions!**

- ☐ Declutter surfaces (counters, tables, bathroom vanities)
- ☐ Improve lighting (replace bulbs; open curtains)
- ☐ Fix safety issues (handrails, loose steps, trip hazards)
- ☐ Deep clean kitchens/baths (or hire once)
- ☐ Minor repairs that buyers notice (leaky faucet, sticky doors)

**Skip unless strategic: major renovations, replacing everything,
“perfecting” the house!**



Step 6: The “Next Home” Reality Check

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Measure large furniture you must keep

☐

Confirm what you’re willing to give up (yard, basement, stairs storage)

☐

If considering 55+/condo/HOA, check:

☐

Monthly fees & what they include

☐

Rules (pets, rentals, exterior changes)

☐

Accessibility (stairs, elevators, parking distance)



Step 7: Get Clarity Before Decisions

A short conversation can prevent expensive mistakes.

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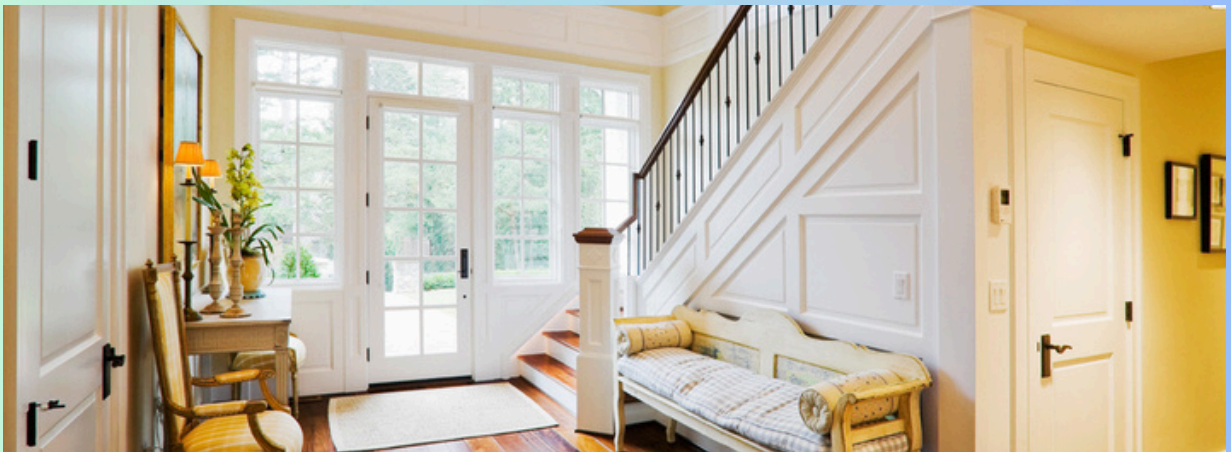
ASK “What could my home realistically sell for?” (range, not hype)

☐

ASK: “What’s the simplest timeline for my situation?”

☐

ASK: “What’s worth fixing - and what’s a waste of time?”





If You're Stuck - Start Here!

- ☐ Do one drawer today! That's a win!
- ☐ Set a 30 Minute Timer. Stop when it ends.
- ☐ Your job is progress, not perfection!



**Have Questions? Get In Touch and Let's Talk! No
Pressure!**

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