

A SIMPLE DOWNSIZING GUIDE



CINDY AND MINDY
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Downsizing can feel overwhelming at first, and that's completely normal, but with a simple plan, it becomes much more manageable. Start by focusing on what you truly use and love, and don't be afraid to let go of items that no longer serve you. If you're wondering how to part with things, options like donating, selling, or getting help from family or local services can make it easier. There's no strict timeline, take it at your own pace, but even small steps can make a big difference. Whether you're moving or planning to stay in your home, downsizing can create a safer, more comfortable space and make everyday life feel a whole lot lighter.

STEPS TO SUCCESS	FOLLOW THE PLAN	CONSIDER
Start Small	<ul style="list-style-type: none"> • Pick one room to start in • Choose 1 closet or drawer • Set a timer and stick to it 	Don't wait to start, give yourself time to work through everything one bit at a time.
Use the 4 Pile Method	<ul style="list-style-type: none"> • Keep • Donate • Discard • Sell 	Selling items may be an option however it can be time consuming. Ask someone for help if you need to.
Ask Yourself	<ul style="list-style-type: none"> • Do I use it? • Do I love it? • Would I buy it again today? 	If you haven't used or enjoyed it in over a year, it's probably not worth hanging on to.
Focus On Function	<ul style="list-style-type: none"> • Is your home safe? • Is it easy to move through? • Is it easy to maintain? 	If it needs fixing, will you actually get around to it?
Ask For Help	<ul style="list-style-type: none"> • A trusted family member • A neighbour or friend • A professional service 	Sometimes an objective opinion can help you find what is most important.
Find the Joy	<ul style="list-style-type: none"> • Let go of the baggage • Welcome a fresh start • Give yourself more room 	Celebrate your hard work and feel satisfied that you accomplished your goal.

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8 STEPS TO DECLUTTERING



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ONE

Start with one small area. Don't tackle the whole house. Pick one drawer, one shelf, or one corner. Momentum beats motivation every time. Once you finish something completely, even something tiny, your brain wants to do more.

TWO

Sort into simple categories. Keep, donate, sell, toss. That's it. The more categories you create, the more decisions you have to make about every single item. Simple decisions move things along.

THREE

Ask the honest question. When was the last time I used this? If it's been over a year, and it's not seasonal, it's probably time to let it go. That's not being harsh. That's being honest.

FOUR

The duplicate check. How many spatulas does one household need? How many black sweaters? How many water bottles? Keep the best one. Donate the rest. Most of us own three or four versions of the same thing, and we use one. The others are taking up space and decision energy.

FIVE

The maybe box. If you're unsure about something, put it in a box, date it, and store it out of sight. If you don't open that box in six months, donate the whole thing without guilt. You won't even remember what's in there. That's the test.

SIX

Clear surfaces first. Kitchen counters. Entry tables. Coffee tables. Those surfaces set the tone for the whole home. A cluttered counter makes the whole kitchen feel cluttered. Clear surfaces instantly make a space feel calmer. Start there if you want a quick visual win.

SEVEN

One in, one out. When something new comes into the house, clothing, decor, gadgets, something similar leaves. It keeps things balanced. This is how you stop the slow refill that undoes all your hard work.

EIGHT

Set a timer. Work in 20 to 30 minute bursts. When the timer goes off, you stop. Even if you feel like you could keep going. Especially if you feel like you could keep going. Because short sessions prevent burnout, and burnout is what makes people quit halfway through. Pick the two or three of these that resonate with you. You don't need all eight. You need the ones that fit your situation.

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8 TIPS TO HELP YOU DOWNSIZE



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ONE

Start with the destination in mind. It's the foundation everything else sits on. Measure the new space first. Then decide what comes with you.

TWO

Focus on lifestyle, not just belongings. Ask yourself, will this support how I want to live now? If you're trading yard work for travel, or hobbies, or less maintenance, your belongings should match that shift. The things that suited the old life may not suit the new one. And that's okay.

THREE

Keep comfort, release volume. Prioritize the most comfortable furniture and the items you truly use. Smaller spaces feel calmer with fewer pieces. It's quality over quantity. Your favorite chair is worth keeping. The four other chairs you never sit in are not.

FOUR

Digitize memories when possible. Photos, letters, important documents, kids' artwork. A lot of this can be scanned. Keeping the memory doesn't require keeping every physical item. A binder of saved letters takes up half a shelf. The same letters digitized take up no space at all and you can find them when you want to read them.

FIVE

Tackle sentimental items last. Start with the easy categories. Kitchen. Bathroom. Linen closet. Office supplies. Build confidence with those decisions first. By the time you get to the sentimental items, you've already gotten good at deciding.

SIX

Gift items while you can. Passing meaningful pieces to family members now, while you're still here, lets you share the story behind them. You get to see them appreciated. That's often more meaningful than having someone find it in a box after you're gone.

SEVEN

Create clear keep limits. For example, one tote of keepsakes. One bookshelf of books. One china set. When you set a limit ahead of time, the decisions get easier. Instead of asking 'do I keep this,' you're asking 'is this one of the favorites.' That's a much easier question.

EIGHT

Ask for support. This is the one we want to say twice. Downsizing is emotional. You do not have to do it alone. Involve family. A trusted friend. A professional organizer. Even just someone to sit with you while you work. Having someone to talk through the hard decisions makes a real difference.

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