

Getting Ready to Downsize

February 2026

What is?

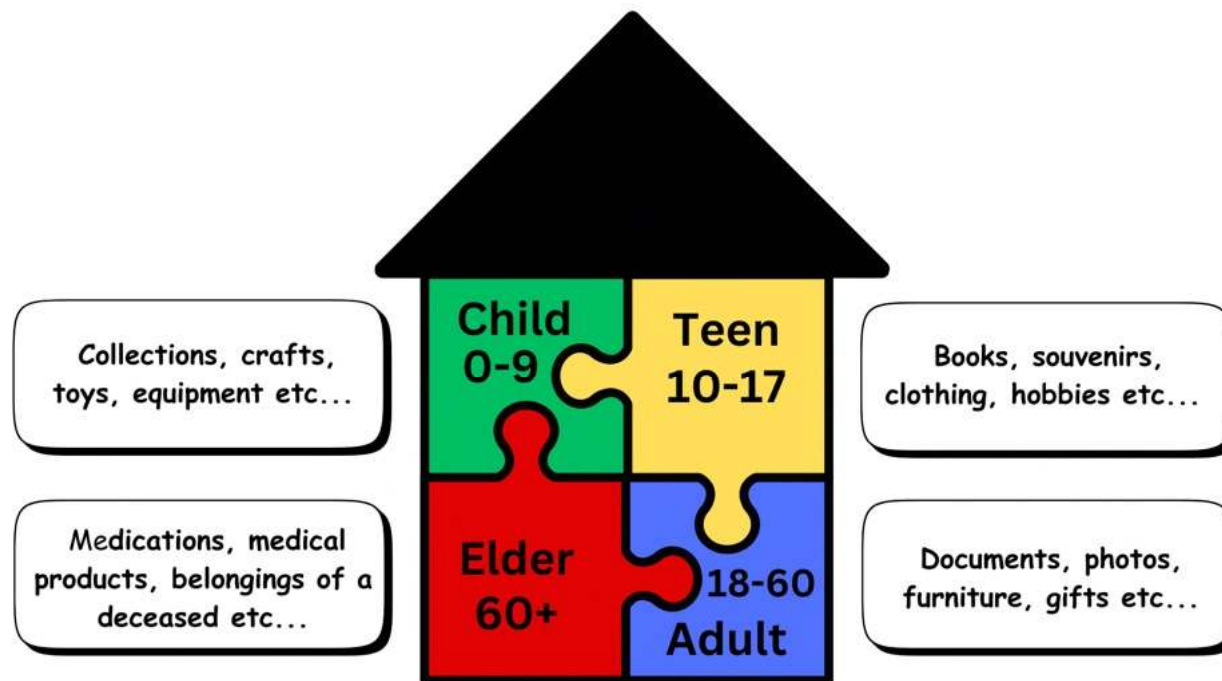
DOWNSIZING

- Moving into a smaller place of residence
- Reducing the amount of items found in a permanent space

Are YOU ready?

- Not using all the rooms in the home
- Spending a lot of \$\$ on maintenance
- Challenges in maintaining the home
- Being closer to family or medical care
- Changes in life style
- Changes in physical health
- Financials \$\$

Life Cycle of Clutter



Decluttering Concepts

- « Spark Joy » Marie Kondo
- Minimalism - Joshua Becker
- Project 333 (getting dressed with 33 items or less for 3 months)
- Moving Method
- Game: 30 days of minimalism or 60min 100 objects
- Swedish « DO Standing = Death Cleaning » Margareta Magnussen

A loved one wants to inherit
beautiful things from you, but not
all of your things.

~ Margareta Magnussen ~

Strategies

- ▶ If you're considering moving, start decluttering now
- ▶ Tell your family, friends or acquaintances
- ▶ Start with items that are less personal or sentimental
- ▶ Give things away gradually

Strategies

- ▶ Keep a small amount of souvenirs
- ▶ Sell or donate the rest
- ▶ Identify what is essential to reduce the instinct of clutter (anxiety) or the instinct of hoarding (the fear of deprivation or need)

Formula to calculate the time required to declutter your home:

Number of years lived in the home divided by two equals to the number of months required to declutter.

EX: 30 years $\div$ 2 = 15 months*

**Based on a daily decluttering schedule and a <NORMAL> decision making.*

Recommendation

- ▶ Start with areas less frequented (ex: attic, basement or space under the stairs)
- ▶ Waiting last for sentimental items
- ▶ Keep one box per child
- ▶ Reflect on the way you will evaluate the value of your things
 - Who in the family?
 - Retrieve it from the mud
- ▶ Keep one box of souvenirs

And...don't forget that this
will not be
a weekend project.



QUESTIONS?



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