



Declutter to Downsize in 8 Steps

Use the following steps to help simplify the process of preparing your move to a smaller home. Just as with any decluttering project, it is a process and it can at times feel overwhelming. Remember to be kind and patient with yourself. Aim for progress.

- 1) Identify the areas that need your attention: Walk around your home and create a list.
- 2) Ask yourself which area/items will be the most difficult for you to decide what to keep and what to let go of? What will be the easiest? Consider ranking from easiest to most difficult if you have several areas to tackle.

Starting with the easiest space, continue with the following steps:

- 3) How do you feel in your current space?
 - What do you like about it?
 - What do you dislike about it?
- 4) What is your vision for your new space?
 - How do you want your new space to look and feel?Use your answers to 3 and 4 as a guide.
- 5) Begin sorting through the items in the space you've chosen.
- 6) Using your vision from #4 to guide and inspire your decisions, determine whether to give, donate, sell, keep or toss.
- 7) Re-evaluate frequently what stays, keeping the vision of your future space front and centre.
 - A written inventory of what you are keeping and where it will fit into a room will help avoid overestimating how much room you have. Consider floor space, wall space and storage spaces.
- 8) Carefully pack/label items going to the new space or return them to their existing area if you are not moving in the near future.

Wishing you all the best in your decluttering efforts!