

Downsizing Checklist – Transitioning to a Smaller Home

☀ Start With the Big Picture

- How much space will I have?
- What furniture will actually fit?
- Which rooms am I losing? (guest room, garage, dining room)
- How much storage is available?
- What activities do I want room for? (hobbies, meditation, gardening)

What to Keep

Ask Yourself:

- Do I use this regularly?
- Have I used it in the past year?
- Will it fit in my new space?
- Does it support my current lifestyle?
- Is it meaningful or sentimental?
- Do I have duplicates?

Keep items that are:

- In use
- Meaningful
- Right-sized for the new home

How to Let Go

Use the “5-Box” Method

Keep	Gift	Sell	Donate	Discard
Items you love and can use	To family or friends	Items of value	Usable goods	Broken, worn out items

Remember:

- Memories live in you, not in your things
- Passing items on can benefit others
- Less clutter makes life easier and safer

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Room-by-Room Guide

Getting Started

- Start early
 - Work on one room at a time
 - Set yourself up for short sessions (1-2 hours)
 - Ask for help when needed
 - Start with non-sentimental items first
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Living Room

- Keep comfortable seating
 - Reduce decor and occasional pieces like ottomans and side tables
 - Keep only your favorite artwork
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Kitchen

- Keep everyday dishes (4–8 place settings)
 - Keep favorite cookware only
 - Keep daily use cookware and supplies
 - Reduce duplicate utensils or appliances
 - Keep only small appliances that are in regular use
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Bedroom

- Keep essential furniture only
 - Limit extra linens
 - Keep clothing that fits your current lifestyle
 - Consider seasonal rotation of linens and clothing
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Closets

- Keep clothes that fit and are worn often
 - Donate “special occasion” clothing that you no longer use
 - Reduce shoes and “just in case” items
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Papers

- Keep essential documents
 - Shred outdated paperwork
 - Digitize documents when possible
 - Reduce office supplies
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Sentimental Items

- Keep a few meaningful pieces or favorites
 - Take photos of items that you want to remember but can let go
 - Create a memory box for yourself or family members
 - Pass down heirlooms with stories of their history
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