



## The Next Chapter Circle

PO Box 74

Cochranville, PA 19330

(610) 572-4995

Gregory Raphael, Founder & Program Director

*A Support and Education Community for Senior Transitions*

### ***Downsizing vs. Rightsizing***

*A gentle guide to understanding the difference*

## **What These Terms Mean**

This sheet offers a simple way to explore two common ideas that often come up during life transitions. There is no expectation to choose one path or make any decisions. The goal is simply clarity.

## **Downsizing**

### **A focus on “less.”**

Often refers to reducing belongings or moving to a smaller home.

### **How it may feel:**

- Practical or efficient
- Emotional or bittersweet
- Connected to letting go
- Sometimes influenced by outside expectations

### **Questions to consider:**

- What feelings come up when you hear “downsizing”
- Does it feel like something you want, or something you feel you “should” do
- What parts of this idea feel comforting
- What parts feel challenging



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## Rightsizing

### A focus on “fit.”

Centers on aligning your home, routines, and lifestyle with what feels right for you now.

### How it may feel:

- Empowering
- Flexible
- Centered on comfort and well-being
- Less about size, more about alignment

### Questions to consider:

- What does “the right fit” mean for you at this stage of life
- What aspects of your current home support your daily life
- What aspects feel less aligned with your needs or preferences
- What would help your home feel more supportive

## How They Differ

### Downsizing

### Rightsizing

Often about reducing

Always about aligning

Focus on quantity

Focus on quality of life

Can feel externally driven

Usually feels internally guided

May feel like loss

Often feels like clarity

Both are valid. Both can be explored gently. Neither is required.



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## Reflection

Take a moment to notice what stands out.

- Which word feels more comfortable
- Which word feels more pressured
- What values feel most important as you think about the future
- What did you learn about your own preferences

There is no need to reach conclusions. Awareness itself is meaningful.

## A Gentle Closing

Your path is your own.

There is no timeline, no expectation, and no “right” answer.

Clarity grows slowly, and support is always available.

If you’d like a calm, welcoming place to explore these ideas with others, consider joining a Next Chapter Circle near you. You don’t have to navigate this alone.