

Top 10 Tips: Downsizing and Moving Homes

- 1. Start clearing out your items early,** about three months before the move. Take one day to go through your closet, another to donate books, and so on. The less you have on moving day the easier your move will be.
- 2. Organize paper separately and early.** Start boxing paper you need to keep and shredding what you don't need. Take this time to organize your papers if they are disorganized. Discover what filing system works for you.
- 3. Start clearing areas without sentimental value.** The best to place to start is the kitchen. You can objectively say to yourself, "I don't need 9 pans and 2 crock pots" with less emotional attachment.
- 4. Keep what you need.** If an item has no purpose, why do you have it?
- 5. Know what new living dimensions you are working with and what furniture will fit** in a way that is arranged to your liking. This means taking measurements of furniture and knowing safety regulations.
- 6. If you are helping someone downsize, decrease stress and anxiety on the mover by asking "yes" or "no" questions.** "You have 15 throw pillows, I packed your 4 favorite, can you live with that?" Avoid open-ended questions that take more time and misplaced thought to answer.
- 7. Do not make a "maybe" pile.** Try to make definite decisions the first time around to save time and energy later.
- 8. If you can, avoid a dumpster.** Try to sell, donate, or recycle first. Did you read our article on [Having a Successful Yard Sale?](#)
9. When you're packing, **focus on the most used items in your home.** Do you never use the cheese grater because you buy shredded cheese? When you look at your items, view and rank them in terms of use and usefulness.
- 10. Enlist professional help.** We understand downsizing brings up a lot of emotions and new stresses. Compassionate moving professionals and organizers help manage these stresses and provide solutions.

For a list of recycle and donation centers in your area click here. A CLEAR PATH

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