

# Top Ten Tips for Successful Downsizing

If you would like more resources or assistance planning and coordinating an upcoming transition, please contact HB Move Management at (206) 257-4314.

1. **Plan:** Create a plan complete with goals, timelines, and people involved. Plan the work and work the plan!
2. **Pace:** Start early, dividing the work into achievable parts. Reward yourself along the way.
3. **Floor Plan:** Whether you plan to move or age in your current home, create a floor plan of your space. Identify current furnishings that work for you, and shop for pieces that meet your new needs.
4. **Family & Friends:** Identify what you would like to give to family and friends. Put colored stickers on each item (i.e. blue for one child, red for another, yellow for a friend). You will enjoy seeing these possessions in their homes.
5. **Take it now:** Encourage recipients of your things to come and get it! Don't wait for next week or next month.
6. **Clothing:** Go through all your closets. Donate or discard things that don't fit, are out of style or are too worn. If you truly love a garment you won't be wearing again, take a keepsake photo. Then donate the item so it can be enjoyed by someone else.
7. **Kitchen & Tools:** Eliminate duplicates! Keep only one of everything you think you might need. Discard the rest. Dispose of excess food-storage containers.
8. **Creative Donating:** In some cases, items do not sell well, no matter the value you place on them. If that happens, consider donating them to a shelter, school, or club. The rewards of giving your cherished things to a good cause will outweigh the minimal monetary compensation you would otherwise receive.
9. **One room at a time:** Work through your house systematically. Don't do more than what your body and mind can take – four to five hours per day. Drink plenty of liquids and take care of yourself. This is no time to get dehydrated or injured!
10. **Have fun:** Downsizing can be liberating. It is a time to revisit old memories, while making way for a new chapter in your life. You will get through this! Start early, systematize, and reward yourself!



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# Bonus Techniques for Successful Downsizing

## 1. Use the “Sticker System”

- Green = KEEP
- Blue = GIVE AWAY OR DONATE (Creative Donating)
- Yellow = SELL
- Red = DISPOSE

## 2. Use “spatial” tools

- Box sized like a drawer
- Blue tape to outline a shelf
- Scaled floorplans

## 3. Downsize & Document Mementos

- Photos on CD or DVD
- Shadow Boxes
- Keep one Piece of a Set

## 4. Ask the key questions

- » Does this enhance my life?
- » Do I really use this item?
- » Do I need a full set?
- » Does this fit my new lifestyle?
- » Does this fit my space?
- » Do I need this?
- » Does this have \$ value?
- » Do I like this?

## 5. Get some help!

HB Move Management can coordinate a wide variety of screened service providers that can support your successful downsizing efforts. Whether you need in-person assistance with sorting and planning, have trash to be hauled, documents to be shredded, or items to be sold, a professional Transition Coordinator can help every step of the way!



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