



## Your Downsizing Checklist Is Here!

Thank you for requesting your copy of the downsizing checklist. This is your first step in getting started. You will receive additional tips and ideas from us as we move forward. If you get stuck, do reach out to us.

As you prepare to sort through personal property, get a home ready for its sale, downsize and move yourself, your family or a loved one to a new home, there are many things to consider.

Yes, it's overwhelming.

Yes, it's stressful.

Yes, it can be extremely daunting.

***In fact, moving is the third most stressful life event, following death and divorce.*** And for some, you may be going through a home transition following the death of a loved one or the dissolution of a marriage.

To help you and your loved ones get started, we created this checklist, geared to help you begin the process.

Remember, you do not have to do it alone. We are here to help.

## **Top 10 Downsizing Tips**

- ✓ Start letting go of items you no longer need, use or want long before it's time to pack and move. Donate them. Sell them. Or give them away.
- ✓ Start where it's easiest. Work in an area that is easy for you to make decisions. Sock drawers and linen closets are great places to start.
- ✓ Work in small blocks of time. Set a timer for 30 minutes, an hour or two. Once the timer rings, you are done for that session.
- ✓ Finish one area or room before proceeding to the next. Don't be tempted to move to another room or space. Finish one, then move on.
- ✓ Involve your family and loved ones in the letting go process by asking them to choose what they would like for themselves. Make a list or give the items to them immediately.
- ✓ Don't let sentimental value or what you paid for an item many years ago cloud your perception of its value today. Many items are no longer worth what they were. The market will determine its value.
- ✓ Hire professionals based on experience and expertise, not solely on price. A low price means less experience and expertise.
- ✓ Get clear about what you want for your next home by considering budget, amenities, location, lifestyle and space.
- ✓ Don't wait for a crisis. Alleviate any possible future burden by starting now. This will save you time, money, energy and stress.
- ✓ Remember: you are in control. Create your plan. Make decisions. Move forward.

### **Need additional help?**

#### **Here are the services we offer as home transition specialists:**

- Create a personalized and detailed step-by-step plan with timelines and guidelines for you and your family.
- Provide you with the one-on-one physical (and emotional) help you need to go through every box, closet, cubbyhole or cupboard.
- Sort, declutter and organize your home prior to listing.
- Coordinate the sale, donation, or removal of items that are not being kept for staging or for your future home.
- Prepare your home prior to listing so that it shows its best (staging).
- Packing services prior to the listing of your home, and after its sale.
- Provide you with our most professional and trusted resources including painters, home cleaners, renovators, realtors, home stagers, moving companies, etc.
- Review all estimates you receive to ensure you are getting the best price, rebates where applicable, and ensure that there are no hidden costs or surprises.
- Site-visit of new home and floor planning services.
- Coordinate with landlord/general manager for move-in specifications to ensure a smooth move day.

- Provide attentive assistance on moving day which includes coordinating arrival times with the moving company, supervising the entire loading and unloading (if applicable) process and reporting any issues or problems that may arise during the move.
- Full settling-in: unpack your boxes, make your bed(s), unpack your linens, and prepare your kitchen for your first night and morning in your new home. After-move assistance is available to ensure you are fully settled-in, unpacked and organized in your new home.

Need help?  
Contact us at **613-816-2229** or visit:  
**[www.MovingForwardMatters.com](http://www.MovingForwardMatters.com)**.