

## Downsizing: Living Better Because You Have Freed Yourself Of Excess

### GOAL

- have a home filled with items we use, need, or love

### WHY DOWNSIZE

- reduces stress
- less work to do
- more time
- saves money

### ASK YOURSELF

- do I use it?
- do I need it?
- do I love it?

### GET TO WORK - SORTING

- keep
- donate/give away/sell
- discard/recycle

### DIFFICULT AREAS

- sentimental items/family heirlooms
- pictures
- collections
- children's belongings

### ASK FOR HELP

- children
- friends
- outside resources

Editing and paring a lifetime of memories is not something to put off until you approach or cross life's finish line. Rather, make sorting, selling and clearing out what you no longer need, use or love a way of living. It will make your life better now and lighten the burden on you and eventually on your loved ones.





# PEOPLE WHO KEEP THEIR HOMES CLEAN + ORGANIZED ARE HEALTHIER, BOTH PHYSICALLY + MENTALLY.

– *Psychology Today*

## HOW TO CREATE AND MAINTAIN AN ORGANIZED HOME

### GOAL

- create a home for everything you own

### ASK YOURSELF

- do I use it?
- do I need it?
- do I love it?

## PROCESS

### 1. SORT

- keep
- relocate
- donate
- sell
- trash

### 2. CATEGORIZE

- sort items into piles of like items

### 3. CONTAINERIZE

- utilize open storage and shelving
- use clear, stackable containers
- label, label, label

### 4. CONTROL

- establish new, positive routines
- schedule organizing time



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