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Tips to *de-stress*

YOUR MOVE WHEN YOU ARE ABOUT TO Downsize + Rightsize

1. Start Early

A couple of weeks to a couple of months is a realistic time-frame. Do not overwhelm yourself by setting unrealistic goals. A weekend will not cut it.

2. Space Plan Ahead

Start with the large items first. What do you absolutely NEED in your new home: think living room furniture, bedrooms, dining and kitchen, bathroom and patio furniture. TAG or MARK the items you'll be taking with you.

3. Create a "Yes Throw Away"

You probably already have some items in mind that could be tossed or donated. Start there and create a "Yes Throw Away Pile."

4. Declutter from Spaces You Won't Have in the New Home

If you are downsizing or rightsizing you may no longer have a garage or office space. Nearly everything in those spaces will need to be sold, donated, tossed or relocated to other rooms or homes. These areas might be good rooms for consignment, Craigslist or Yard Sales.

5. Move onto Problem Areas

Now that you've eliminated items from rooms you will no longer have in your new home, move onto more challenging areas. Start with spaces that hold little to no emotional attachment and that you define as 'problem areas' like the attic, garage, closets, kitchen cabinets, dressers, bookcases, linen closets, etc. Remember, do this one room at a time.

6. Get Rid of Duplicates

This is especially true in the kitchen. You likely have duplicate spatulas, cookie sheets, pots, pans, or roasting pans. The same will apply in your linen closets, bathrooms and even clothes. If you already weren't using it, what makes you think you will in the future?

7. Reduce Collections Creatively

It can be hard to let go of a lifetime of collectibles like porcelain dolls, figurines, snow globes or other items. Give yourself permission to take only a handful with you. Take high resolution photos of the rest, then have them made into a photo book that can sit at your bedside, mantle, coffee table or even phone! The memories will continue to live on through the photos and family conversations.

8. If You Own a Large Quantity of Books...

Books occupy lots of space and they're heavy. Consider donating them to places that matter to you, like a senior center or a library, adult day care center, or used book store.

9. "Create Keep/Share with Family" Pile

If there are heirloom items or pieces you plan to leave to the family in your will, consider giving these to them now (only if they want it, of course). Doing so serves two purposes: you are able to repurpose the item and you'll be able to enjoy the feeling of giving it to your loved one now. While you're at it, find out if there are any possessions your family wishes to keep you may have not known about. It's a way to lighten your load while ensuring your family members feel recognized as well.

10. Use This as a Chance to Bond

Invite the kids or grandkids over to help. It's a great opportunity to share your family story. Tell them the stories behind your heirloom items. Let them pack and ask questions as they sort. This creates another moment your family can share together in the house you love, before you start making new memories in your next home. Remember that it's your family that make the memories you cherish; not the material things.



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