



**WellRive**

**Downsizing Guide**

# Downsizing Guide

Embarking on a new living situation is a substantial life shift, filled with excitement – and uncertainty. At WellRive, we endeavor to help you live more comfortably and with greater intention during transitional times. Whether it's falling in love again with your current home or moving to a completely new environment, our mission lies in supporting you with the physical and emotional aspects these transitions present. We strive to help you find the confidence to follow your dreams and realize the many possibilities life holds.

## Less Stuff = Less Stress

Experiencing the benefits of living a more purposeful life begins with clearing out the things we no longer need. Even if a move is not in the near future, minimizing possessions creates space in our lives, giving us the opportunity to exist in an environment free of obstacles. This process of downsizing may initially sound daunting, but it's crucial in achieving a positive lifestyle change. In essence, Downsizing is simply Rightsizing your life for the next adventure.

Taking a moment to assess the things that are holding us back is a great first step in discovering new adventures. Our skilled Move Managers support you in this process, assisting with the sensitive task of organizing a lifetime of belongings and managing the logistics of moving, donating, or disposing of them. Your peace of mind is our top priority during this very transitional process.

## Starting the Downsizing Process

While you probably have a good idea what items you intend to keep when revising your environment—such as couches, bedroom and dining furniture, TVs, rugs, and the like—there remains a category of belongings that you rarely use and have stored away. These are the items that require extra consideration: do they bring you joy, or do they burden you? Our Move Managers provide abundant guidance with this process, helping you decide what you need, what you should give away, and what you can live without altogether. If you are moving to a new space, our space planning services go one step further in helping you envision your belongings in your new space, editing out items that you will not have a place for.

Because downsizing is a time-consuming and emotional event, it's crucial to embrace a proactive mindset before initiating the process, especially since the sheer volume of items in a home can be hugely overwhelming and distracting. Committing to a strategic approach ensures the process remains as simple, straightforward, and efficient as possible.

## New Environments Bring New Possibilities

The act of downsizing, especially when a move is imminent, is an incredibly demanding experience. But as the saying goes, anything worth doing is rarely easy. When equipped with the right strategy, a proactive mindset, and proven organizational techniques, you can make great strides in “rightsizing” your life, setting you up for a future filled with adventure and possibility.



## Quick Tips for Effective Downsizing

### 1. Choose a method of organization

A color-coded system is a tried-and-true tactic used during the “keep, donate, toss” process. We recommend colored dot stickers, or different colored markers and Post-it Notes.

- Red designates “Stop” items for sale, donation, or gifting
- Yellow identifies undecided items, requiring future consideration
- Green denotes “Go” items to keep

### 2. Start somewhere obvious, right away

Identify the most obvious area for organizational help and address it first. Utilize the color-coded system to categorize and label each item in the area, grouping similar-colored items together. Tackling one area at a time, from start to finish, fosters momentum, prioritizes productivity, and sustains motivation throughout the process.

### 3. Identify your “keepers”

Begin by deciding what items you want to keep—items that hold sentimental value or are useful to you as you move forward with your life. Group them together in an area or put them away for safe keeping.

### 4. Choose the best and get rid of the rest

Although some items may be in perfect condition, if they are duplicates, unused, or unseen, they lose significance over time. Hanging onto these items not only hinders your ability to enjoy life in the present, they are destined to become a future burden for loved ones. Plus, moving these items will only add to your moving costs. Offer them to friends and family or donate if necessary.

### 5. Assess what you collect

Whether it's books, magazines, photos, or paperwork—going through these items can feel overwhelming. Gathering each of these types of items from around your home can show you the sheer volume of what you are holding onto and motivate you to pare them down.

### 6. Honor your belongings

Sometimes just acknowledging the meaning behind what you own is enough to let it go. Share the story of something you have appreciated for many years with a friend or family member and either gift it to them or entrust it to another interested party (museum, collector or antique dealer).

### 7. Feel great and donate

One man's trash is another man's treasure. Keep this in mind as your pile of unwanted items grows. Donating to a charity is a great way to keep items out of landfills, is good for the environment, and supports charitable causes. Many organizations will even come pick up the items from your home.

### 8. Digitize to downsize

Alleviate mountains of documents and photographs by having them scanned and put on thumb drives or in cloud storage. It's also an efficient way to share treasured photographs with family.

### 9. Recycle, recycle, recycle

The discard piles created by downsizing can be of shocking proportions. Luckily, there are companies that simply exist to haul away junk. Your move manager will have information on these companies and can make arrangements for these items to be removed.

### 10. Use technology as a tool

From documenting your donation items for tax purposes to sharing photos of items up for grabs with family and friends, a smartphone can be an invaluable tool during the downsizing process.



## Decision Flowchart

