

Moving to a new home, or simplifying your current home, can be exciting and also bring uncertainty and many decisions. Downsizing and decluttering gives you the opportunity to thoughtfully consider what you truly want and need for your new lifestyle. It's not simply about having less. Your home should support the life you're living. This Downsizing Guide and Letting Go, One Step at a Time List, will help you take steps toward creating a space that feels comfortable, intentional, and uniquely yours.

Making Decisions

Downsizing is more than deciding what will fit in a smaller space. It's an opportunity to consider what you truly need, use, and value, and what you're ready to let go. Our Move Coaches provide thoughtful guidance throughout this process, helping you make decisions with confidence about what to keep, give away, sell, donate, or let go.

Making A Home

If you're moving to a new home, space planning can make the process even easier. By visualizing your belongings in your new space before the move, we can help determine what will fit, what you truly need, and what may no longer have a place.

Making A Plan

Downsizing can feel overwhelming, especially when you're faced with a lifetime of belongings. Planning for what's next can make the process more manageable.

Start one room at a time. Decide what you want to keep, what you're ready to let go, and what has meaning to you. Give yourself time to make thoughtful decisions.

With a plan and the right support, downsizing becomes less about what you're leaving behind and more about creating a home that is designed for your life.



Downsizing Roadmap

Deciding what to do with your items

Keep

Keep the items that add value to your life.

Does it bring me joy?

Is it essential?

Does it fit in my home?

Do I use it regularly?

Can I use it another way?

Let Go



Donate



Gift



Sell



Trash / Recycle

Could someone else put it to good use?

Will it sell easily and be worth the time and effort?



Letting Go, One Step at a Time

Declutter items that no longer serve you

- Holiday decor you don't use
- Duplicate anything
- Your junk drawer
(Rebrand to Useful Things Drawer!)
- Clothes you don't feel good in, or are stained or torn
- Shoes that hurt your feet or are worn out
- Neglected makeup & skincare
- Unidentifiable & obsolete chargers, cables, and cords
- Broken and unused tech
- Catalogs, expired coupons, magazines
- Unused kitchen gadgets
- Expired medications, vitamins, foods & spices
- Worn out towels & bed linens
- Books you won't reread
- Freebies or promotional items you don't use
- Extra tote bags
- Old glasses and pens
- Manuals for things you no longer own
- Unused hobby supplies
- Abandoned sports equipment
- Excessive knick-knacks

Contact Rose's Daughters to schedule a consultation and discover how we can help.



(612) 330-3772



RosesDaughters.com



info@rosesdaughters.com