

April's Newsletter



Do you get overwhelmed or depressed just looking around at the accumulation of things you don't use or love?

Do you have a difficult time parting with your things because you paid a lot of money for them?

Is it getting harder and harder to maintain the things you have?
Does downsizing and parting with your treasures make you nervous and depressed?

Downsizing doesn't have to be scary concept. With some simple planning and preparation and help from a professional or family and friends, you will be surprised how stress free, exciting and liberating downsizing can be. Asking yourself some questions will help you make the life transition less painful.

- How much do I need to be comfortable?
- Which of the items are really important to me?
 - Which will fit in my new place?
 - What to keep or donate?
 - What to give to family/friends?
 - What & Where to Sell?

See my book "Kick the Clutter, Get organized" for tips and tools to help you get organized and simplify your life.



Downsizing Tips

- ✓ Take pictures of your treasured items.
- ✓ Donate to your favorite charity.
- ✓ Sell and use the money for a nice vacation.
- ✓ Have a party with your family and friends.
- ✓ Avoid keeping heavy or very fragile items.
- ✓ Buy packing supplies: boxes, tape, markers etc.
- ✓ Ask family or professionals to help you.
- ✓ Take care of yourself.

I wish you the best of luck keeping your space and your life clutter free.

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