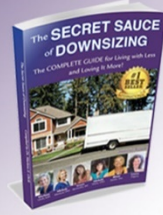


The **SECRET SAUCE** of **DOWNSIZING**



Online Course Chapter 6

Module 3

What is your preferred Method to go through your things?

- Room by Room
- By Category

Room by Room – For this method, list the rooms in the order you intend to go through and downsize from start to finish. You can also use this space to make notes about each room. Remember to include the laundry room, garage, basement, etc.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

By Category – For this method, go through all of the items in a category to determine what you can downsize. For example, go through all of the linens, electronics, kitchen gadgets, vases. When possible bring the items together so you can see how many you have and determine their condition. Only keep the best of the best. Minimize duplicates and those things you want to keep “Just in Case.” List the categories you will review.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____
- 14. _____
- 15. _____

Things I NEED – Start a list of things you know you need to hang on to whether you are downsizing for a move, or just to have less stuff. Use this space to document the “less obvious items that you don’t want to be without.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

Things I LOVE – Start a list of things you know you want because you love them. These are things you would never get rid of because they mean so much to you. Use this space to document these items and make sure anyone helping you knows about them.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____