Top 10 Rightsizing Tips

Rightsizing is more than just downsizing; it's about making your living space work better for a new chapter of your life. These 10 tips will help you make thoughtful decisions during the decluttering process.



1. START SIMPLE

Begin decluttering with the easiest decisions. Tackle out-of-sight areas like attics, crawlspaces, and garages first, discarding anything broken or no longer needed. This initial progress will build momentum for the rest of the process.

2. THE "WILL I MISS IT" TEST

Evaluate each item with the question, "If this disappeared tomorrow, would I miss it or rush to replace it?" If the answer is no, it's time to let it go.

3. RECLAIM YOUR SPACE

Don't serve as a storage unit for others. If friends or relatives have left items with you, set a deadline for them to pick them up, or offer to donate or ship the items back to them.

4. ASK FOR HELP

Rightsizing can be overwhelming, so enlist help. Whether it's family, friends, or a professional organizer, additional hands can make the process easier.

5. THE "LIFESTYLE RELEVANCE" TEST

Look for items in your home that no longer fit your current lifestyle. Do you still need that badminton set or the crib you kept in the spare room for grandkids that are now grown?

6. PRIORITIZE WHAT MATTERS

Imagine moving overseas and you can only take a certain number of items with you. What would make the cut? Focus on retaining the items that are truly valuable to you.

7. SCHEDULE REGULAR SESSIONS

Dedicate regular time each week to continue the rightsizing process. Treat it like a marathon, not a sprint; it takes time to sort through years of accumulated items.

8. CHERISH WHAT YOU KEEP

The fewer possessions you hold onto, the more you'll value and enjoy them. Retain only those possessions that genuinely enrich your life and bring you joy.

9. REQUEST MEMORIES RATHER THAN MATERIAL GIFTS:

To avoid accumulating items during holidays and birthdays, encourage loved ones to give experiences that foster memorable moments instead of material gifts.

10. PASS IT TO THE NEXT GENERATION

Use this opportunity to hand down heirlooms or special items to family members. Capture these moments with photographs to create a digital scrapbook.



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