

Downsizing CHECKLIST

STEP 1: START WITH A PLAN

- Choose your ideal move date
- Create a timeline with key tasks
- Decide who's involved (family, movers, real estate agent, etc.)
- Schedule a consultation with a downsizing expert

STEP 2: SORT WITH PURPOSE

- Go room by room and label items: **Keep/Donate/Sell/Toss**
- Start with low-emotion areas (laundry room, pantry)
- Use the **One-Box Rule**: Fill one box only with things you truly want in your next home
- Create an "Undecided" box - revisit within 7 days

STEP 3: DECLUTTER AND LET GO

- Donate items in good condition to local charities
- Host an estate sale or garage sale (or get help from a pro)
- Recycle or dispose of outdated or damaged items
- Let go of "guilt items" (gifts you never used, family heirlooms you don't want to keep)

Expert Tips



Take photos of sentimental items before letting them go



Keep a running to-do list in a notebook or app



Give yourself breaks — this is emotional work



Celebrate your progress. Every step forward matters.



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STEP 4: PREPARE YOUR HOME TO SELL

- Schedule a staging consultation
- Remove personal photos and excess furniture
- Freshen up paint, lighting, and curb appeal
- Review home staging tips at dwellwisecincy.com

STEP 5: PACK SMART

- Label boxes clearly by room
- Pack an "Essentials Box" (meds, documents, coffee, first-night items)
- Work with a move manager or trusted movers
- Keep important papers, medication, and valuables with you



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