

# Downsize Checklist



## Before I Begin

- I am not erasing my life — I am preparing for my next chapter.
- It is normal for this process to feel emotional.
- I will work in small, manageable sessions.



## Mindset Shifts

- The memory lives in me — not just in the object.
- Keeping everything does not honor it more.
- My identity is not contained in my belongings.
- I can release things with gratitude.

## The Pause Box Method



For items you're unsure about:

- Place in a clearly labeled box
- Write today's date on it
- Revisit in 3–6 months
- If unopened, consider letting it go



What kind of life am I preparing for? \_\_\_\_\_

\_\_\_\_\_

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What belongings truly support that life? \_\_\_\_\_

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## Sentimental Item Questions



- Is this the best representation of this memory?
- Do I need all of them — or just a few meaningful examples?
- Would photographing this preserve the memory just as well?
- Does keeping this support the life I'm preparing for?



## Family Considerations

- Have I asked my children or family directly if they want items?
- Am I assuming they want it — or do I know for sure?
- Am I holding onto items out of guilt?



## When You Feel Stuck

- Step away for the day
- Work on one small drawer only
- Choose the easiest category first
- Remind yourself: even tiny progress is still progress