DOWNSIZING: YOU CAN DO IT!

Queen B Organizing
541.231.6964
TOO BUSY TO GET STARTED...

“I’m the Clutter Fairy. I’ll come back ... I’m gonna need a much bigger wand!”

“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”
DOWNSIZING JUST MAKES YOU FEEL STRESSED?

- Overwhelmed
- Terrified
- Exhausted
- Worried
- Strained
- Tense
- Anxious
- Frazzled
- Insecure
- Lonely
HOW DO YOU START?
BEING REALISTIC

You can’t fit a cat in a box

What percentage can you fit into your new home?

How do you decide?
PLANNING YOUR ATTACK

Main Space
"[STUFF] ROBS PEOPLE OF SO MUCH," HE SAYS. "IF YOUR HOUSE IS FULL OF STUFF, ALL THE BLESSINGS THAT COULD FILL YOUR HOUSE CAN'T GET IN. THE STUFF TAKES OVER. IT ROBS YOU PSYCHOLOGICALLY. YOU CAN'T BE AT PEACE." ~ PETER WALSH
What is the most important?

Happiness resides not in possessions, and not in gold, happiness dwells in the soul.

Democritus
“I've been getting rid of some clutter — anything that doesn't serve a positive purpose in my life — and making room for things that feel happy to me. Because I get to make my life whatever I want it to be. I get to make the room feel however I want it to feel. I get to make the closet as full or as spacious as I want it. And, if I have more clutter to get rid of after Christmas, I'm not going to wait a year, or two or three to do it.”

~Jan Denise
WHAT TO DO WITH THE MEMORIES?

"If you're me, things have histories. I can get sentimentally attached to a dust ball if it hangs around long enough."

~ New York Actress
DONATE, SELL OR TRASH?
MOVING: QUESTIONS TO ASK YOURSELF

• How long till your house needs to be on the market?
• Are there specialty items to consider?
• Are you doing the move, hiring movers or organizers?
• Will you be helping to sort & plan or just pack?
• How many supplies will you need to purchase?
• How big is your new space?
• Which furniture is a must have for you?
STEPS TO TAKE DURING A MOVE

• Pre-planning
  • Gather information about new space for planning
  • Line up service providers (Trash, movers, estate sale, etc)
  • Collect supplies
  • Create a timeline
  • Communicate with the community you will be calling home
• Pre-sort and/or pre-pack
• Give items to family
BOXES, BOXES, BOXES

- How to select the right box
- Size, weight, function
- Types/functions of wrapping
- Taping
- Loading
- Labeling
- Stacking
How Many Boxes Will You Need?

Number of Boxes

<table>
<thead>
<tr>
<th>Type of Dwelling</th>
<th>Number of Boxes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Studio</td>
<td>10-20</td>
</tr>
<tr>
<td>1 Bdrm Apt</td>
<td>20-40</td>
</tr>
<tr>
<td>2 Bdrm Apt</td>
<td>40-60</td>
</tr>
<tr>
<td>2 Bdrm House</td>
<td>60-80</td>
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<tr>
<td>3 Bdrm House</td>
<td>80-100</td>
</tr>
<tr>
<td>4 Bdrm House</td>
<td>100-120</td>
</tr>
<tr>
<td>Larger</td>
<td>120+</td>
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</table>

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LOCAL RESOURCES:

• Queen B Organizing, 541-231-6964 or GetOrganized@QueenBOrganizing.com
• Boys in Blue, 541-760-7766 or 541-740-4069. Tell them Queen B sent you!
• CrossTown Movers, 541-683-5211
• Matt Wallace, 541-661-1269 Matt can help you appraise and sell jewelry and coins!
• Scott Givens, 541-760-3749, Owner of Browser’s Bookstore. Appraisals and will buy books too!
• http://donationtown.org/oregon-donation-pickup/eugene-or.html, schedule donation pick up
QUESTIONS??

Kristin Bertilson, CPO®
Queen B Organizing
http://www.queenborganizing.com/
541-231-6964
Additional Notes:

**Be Realistic: You can’t fit a cat in a box:**

- What percentage of your current home can you fit into your new home?
  - Going from 4 bedrooms to a 1 bedroom
    ▪ Start living out of 1 bedroom to see if what you want fits into that space
  - Smaller kitchen?
    ▪ Block off cabinets/drawers you will be losing in your new space and start using only the amount of cabinets you’ll have in your new space.
  - Move EVERYTHING! furniture, clothes, etc to see if you have too much, if you can bring more, and/or if you want to swap out something you don’t use for something else (prior to actually having to get rid of it)

**How to know how much time it is going to take:**

- Divide space into .5 to 1 hour increments
- Plan it out on paper- lets you get a clear picture of how long it is going to take
- Your brain can only make decisions (about what to get rid of) for about 45 minutes. Make sure you take a 15-20 minute break in between.

**What to do with Memories:**

- Today’s children/grandchildren do not want their parents/grandparents
  - This can be very hard for elder’s to grasp sometimes
- Try to help them take the emotion out of it
  - Use #’s so they understand the logic
- If they think it “donateable”, but you know it isn’t, just take it and deal with it (throw it away) later
- Paperwork- legal, medical taxes=keep (check the IRS for how long you have to keep paperwork for)
- Photos- Start with pictures that don’t have people in them (you do not need 50 pictures of the grand canyon), with the rest of them, save for a scrapbook or for people who might want them
  - Create scrapbooks
  - Buy a picture scanner to digitize them
  - ANYTHING true black and white, KEEP! They are worth money.