

THE ESSENTIAL
Downsizing Guide
FOR HOMEOWNERS
10 STEPS FOR SUCCESS

THE
DOWNSIZING
SPECIALIST

www.thedownsizingspecialist.com



Downsizing Your Home Can Be A *Purposeful and Lifechanging Experience*

Letting go of a home is never just about moving—it's about creating space for what truly matters.

Whether you're hoping to simplify your life, ease expenses, or embrace an exciting new beginning, this guide is here to support you every step of the way.

From planning and decluttering to settling into your new space, you'll find tips and encouragement to make your transition smooth, meaningful, and deeply rewarding.

“The way to
give ourselves
what we need
is to let go of
what we don’t”

Marie Kondo

1.

IDENTIFY YOUR WANTS, NEEDS & GOALS

CONSIDER WHAT MATTERS MOST TO YOU AND THE
LIFESTYLE YOU DESIRE

DISCOVER YOUR WHY

Thinking about reducing maintenance, saving money, or being closer to family? Defining your goals will help you make focused choices.

THE PERFECT FIT FOR YOUR NEXT CHAPTER

Think about what truly matters to you. Could a den or extra space serve as both an office and guest room?

UNDERSTAND THE COSTS

Moving to a smaller home doesn't automatically mean lower costs. Fees like property taxes, strata, insurance, and mortgage rates can add up. Be sure to explore all the numbers before committing.

SMALLER SPACE CONSIDERATIONS

Smaller homes often mean cozier spaces. If you share your home with a partner, make sure the layout offers enough room for personal space. Soundproofing and insulation may also differ in smaller or newer homes.



PROFESSIONAL TIP

Create a vision board of your ideal lifestyle - new space, decor, new hobbies and travel plans. It will help you stay enthusiastic and committed throughout the process.

2.

DECLUTTER WITH PURPOSE

THIS IS YOUR CHANCE TO CREATE SPACE FOR WHAT TRULY MATTERS.
EACH ITEM YOU RELEASE OPENS UP ROOM FOR NEW ADVENTURES,
MEMORIES, AND PEACE OF MIND.

START EARLY

Give yourself plenty of time by starting months in advance, tackling one space or type of item at a time.

THE 80/20 RULE

On average, only 20% of what we own gets regular use. Focus on the items you genuinely use and love.

SORT WITH INTENTION

Use the 4 box method - keep, donate, sell, and recycle.
Be brutally honest—will it fit and serve you in the new home?

DIGITALIZE KEEPSAKES

Scan photos and documents to save space and preserve memories. Pass on the memories without all the physical 'stuff'.

Photo Expressions - [Link To Site](#)



PROFESSIONAL TIP

Try the “90 Day Rule”

If you haven't used it in the past 90 days you probably won't in the next 90.
If you are still unsure, put it in a box and label the date. Three months from now see if you need those items. If not, let them go.

3.

SHARE, DONATE, OR SELL WITH PURPOSE

SIMPLIFY YOUR SPACE AND LET YOUR BELONGINGS BRING
JOY TO OTHERS

SELL WHAT YOU CAN

Consider selling valuable items through Facebook Marketplace, eBay, auction houses, or consignment shops

DONATE WITH PURPOSE

Many charities offer drop off or pickup services for furniture and household goods.

Salvation Army

Habitat Restore

Diabetes Canada

ASK FOR HELP

Some online selling platforms and donation sites require apps or online bookings. Ask friends and family for help and ensure to avoid scams and meetups at your home for safety.

GIFT MEANINGFULLY

Offer heirlooms or memorable items to family and friends who will appreciate them. Don't be offended if they decide not to take them! The goal is not to pass along your clutter.



PROFESSIONAL TIP

Organize a “One Room Challenge” with a friend - Pick a room, put on some music, and tackle it together. Then switch and help at their home. The teamwork, accountability, and shared laughs make the process faster and far more enjoyable.

4.

PLAN AHEAD

START MAPPING OUT YOUR RIGHT SIZED SPACE AND AVOID SURPRISES

EVALUATE YOUR LIVING SPACE

Do you have unused rooms in your current home. Start locking off areas you don't live in to give you a better idea of how much living space you actually need.

FURNITURE FUNDAMENTALS

Oversized furniture often doesn't suit smaller spaces. Take measurements beforehand and only bring items that will fit comfortably.

SIMPLIFY STORAGE

Smaller homes often come with less closet and garage space. Consider adding storage furniture or built-ins, and rethink what you really need to bring.

RESIST EXTERNAL STORAGE

Additional off site storage lockers come at a significant monthly cost. Resist the urge to keep more stuff just to store it.



PROFESSIONAL TIP

Photograph and measure your current rooms, then compare them to your new home's layout to see what will fit best.

5.

GET YOUR PAPERWORK IN ORDER

THE GREATEST GIFT YOU CAN GIVE YOUR FAMILY IS A WELL-ORGANIZED HOME WITH CLEAR, ACCESSIBLE DOCUMENTS.

CONSOLIDATE KEY DOCUMENTS

Keep passports, medical records, insurance papers, wills, and estate documents all in one safe, secure location.

CREATE A HOME HIGHLIGHT FILE

Make a list of all of the maintenance and repairs for your current home to help in the listing process. A detailed timeline of what you have done adds value for Buyers and simplifies selling your home.

HOLD A FAMILY MEETING

The best way to avoid family drama from wills and estates is for everyone to know what to expect. Hold a family meeting so you are all on the same page about your wishes.

SHRED WHAT IS NO LONGER NEEDED

Safely dispose of old paperwork to protect your privacy and avoid unnecessary storage.



PROFESSIONAL TIP

Create a “Family Legacy Folder” with critical documents, passwords and instructions to help loved ones in an emergency.

6.

HONOUR YOUR FEELINGS ALONG THE WAY

SAYING FAREWELL TO YOUR LONGTIME HOME CAN BE BITTERSWEET.
BE KIND TO YOURSELF AS YOU MOVE FORWARD.

EMBRACE YOUR EMOTIONS

Feeling nostalgic is natural.
Cherish the moments and milestones
that made this home yours.

FOCUS ON THE FUN

Less maintenance equals more time
with grandkids, and
freedom to explore a new lifestyle or
adventure.

FAMILY EMOTIONS

Don't underestimate the feelings of
loved ones as well. When you are
choosing to sell a cherished family
home, the next generation (even if they
no longer live there) will have emotions.

LEAN ON OTHERS

Reach out to loved ones or a
counselor if the emotions start to feel
overwhelming.



PROFESSIONAL TIP

Story Sharing Night - Invite close family or friends to share their favourite
memories from your old home. Record the stories to keep as a cherished
memory of the space.

7.

PREPARE AND PLAN YOUR MOVE

THOUGHTFUL PREPARATION IS THE KEY TO
A SEAMLESS TRANSITION

HIRE A DOWNSIZING SPECIALIST

Downsizing Specialists can help make your transition seamless and stress-free. From help with decluttering and home repairs to listing and selling your home. Start to finish service with patience and guidance.

LABEL EVERYTHING

Label boxes by room and importance to simplify unpacking.

MOVE IN PHASES

Pack the items you rarely use and discover how freeing it is to live with less.

HIRE EXPERIENCED MOVERS

Ideal for seniors or long-distance moves, some moving companies specialize in downsizing and provide help with packing and unpacking.
Ask me for referrals!



PROFESSIONAL TIP

Prepare a “First-Night Box” with bedding, coffee, phone chargers, and other necessities. Everything you need to make it through the first 24 hours. This will make settling in much simpler.

8.

'RECLUTTER' WITH INTENTION

SHAPE YOUR NEW SPACE INTO ONE THAT FEELS BOTH COMFORTABLE AND DISTINCTLY YOURS

PERSONALIZE WITH PURPOSE

Surround yourself with meaningful pieces that enhance your space, not clutter it.

DECLUTTER (AGAIN) AS YOU UNPACK

Just because the item made it on the first cut, doesn't mean you need to keep it. Ask yourself: If I didn't need this in the last home, will I really use it here?

INTENTIONAL PURCHASING

A side benefit of decluttering is that you become more aware of how you have spent your money on things you did not need. Be more intentional with your future purchases.

GIVE EVERY SINGLE ITEM A HOME OR IT DOESN'T STAY

If you can't identify where it belongs, or if creating space for it forces you to overcrowd a cabinet or closet, that item likely isn't needed in your new lifestyle.



PROFESSIONAL TIP

Unpack by Zones, Not By Boxes - Instead of opening everything at once, set up each functional zone with only what you actually need for that space. For example, unpack the kitchen essentials first—daily dishes, a few pots, basic utensils. Live with that setup for a few days before adding anything else. This prevents old “just in case” items from creeping back in.

9.

SETTLE IN AND THRIVE IN YOUR NEW LIFESTYLE

THIS IS JUST THE BEGINNING OF YOUR NEW CHAPTER

BUILD NEW ROUTINES

Downsizing often means shedding maintenance responsibilities and gaining freedom. Establish habits that take advantage of that like more walks, time for hobbies, or regular visits with friends and family.

CELEBRATE LIVING LIGHTER

Notice the freedom that comes from fewer belongings and less upkeep. Use that extra time and energy intentionally whether that means travel, volunteering, creative projects, or simply more relaxation.

EMBRACE THE COMMUNITY

If you are moving to a new neighbourhood, embrace the community by attending events, classes and meet likeminded neighbours to build connection.

EMBRACE SMALL SCALE GARDENING

If having a yard or garden is important to you, be sure the new home supports that desire so you can keep up your hobbies even if it is on a smaller scale.



PROFESSIONAL TIP

Quarterly Check Ins - Every three months, take a moment to reflect. What's working beautifully? What feels cramped or unnecessary? Is there anything you can adjust, rearrange, donate, or improve to enhance how you live in the space? These check-ins help you stay intentional and ensure the move continues to feel like the right chapter.

10.

A MINDSET SHIFT MOVING FORWARD

Downsizing is a new way of thinking
NURTURE IT

EMBRACE THE ONE OUT - ONE IN RULE

For every item you bring in, another one must go.

SEASONAL PURGE

Go through your items at the end of every season and remove what no longer adds value to your life. Keep the donation box going and add to it throughout the year.

CELEBRATE FINANCIAL WINS

Whether it's lower utilities, reduced maintenance costs, or fewer impulse purchases, keeping a log of financial benefits reinforces the practical upside of living smaller and smarter.

ENJOY THE SIMPLICITY

Less stuff equals more freedom, more peace of mind, and more room for what truly matters.



PROFESSIONAL TIP

Keep your vision board alive with ideas for new hobbies, exciting travel destinations and upcoming plans. Seeing these add up reinforces why the move was the right choice.



Next Steps

Downsizing isn't just about choosing a smaller home,
**IT'S ABOUT CREATING ROOM FOR A BIGGER,
MORE FULFILLING LIFE.**

With a clear plan, thoughtful preparation, and a touch of courage,
you can shape a home and lifestyle that bring more comfort,
connection, and joy to your everyday living.

The one thing I hear from all of my downsizing clients
after they downsize?

THEY WISH THEY HAD DONE IT SOONER

THINKING ABOUT MOVING OR SELLING?
LET US HELP MAKE THE TRANSITION
SMOOTH AND STRESS-FREE.

HERE TO HELP
EVERY STEP OF THE WAY
604.209.4855



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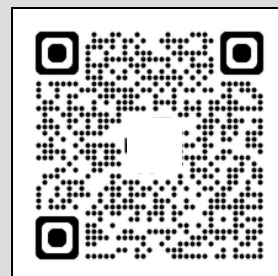
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