



March marks the beginning of Spring and transition. A perfect time to greet change and "shed the layers"! I dare you to "downsize", and enjoy your easier lifestyle.

Here are some suggestions for managing the process:

The biggest obstacle and most emotional is what to do with your possessions! Everything has a memory attached to it. With many couples, the difficulty is having two opposite perspectives. One person wants to part with an item while the other wants to hold on to it. Time to communicate before it's too late and that favorite chair has been picked up and sold. If you're single, you'll probably find if you could compare to couples, that your move is actually quite easier. Below are some tips for everybody considering a smart downsize:

Think Think Think and Plan. Think about items/furnishings that are used on a frequent or daily basis. Might want to keep those but instead of having a serving for 12, try 4 instead. What about your pieces that are sentimental? Do you know somebody who would love to have them? They'd make great gifts. Heirlooms? These can bring in good money that could help pay for your move if you don't mind parting with them. Never hesitate to bring in the professionals; they'll tell you if your item has monetary value and will help you get top dollar. Big comfortable pieces clogging up space but hard to part with? Can you keep the chair but ditch the huge ottoman for a smaller one? What if they serve multiple functions like a pull out sofa? That might be a keeper! And remember the rule of thumb, especially with clothes, if you haven't used it or worn it in a year, then get rid of it.

You worked hard to buy all your belongings. They may have even begun to feel like family. It's normal to personify items we loved to buy. But we have to get some thick skin and think about the benefits of downsizing. When parting with possessions, the task is to find a new home for them and to feel good about it. Place items with people who will appreciate them as much as you have. It's such fun to have a party and whenever a guest says, "Oh I love that large plant holder there in the corner", you can say, "Great, it's yours!" Or you can fill your heart by filling a charity truck. Those charities are always happy to come by and pick up your unwanted pieces. Give your possessions a new life! In the end, you'll have a new life too, and quite an easier stress free life, to boot!

Stay positive. Simple living is liberating. You have many options for a happy downsize. Consider multiple lifestyle options: active adult community, a golf community, town versus country, rental versus purchase, climate, location relative to friends and family. Home is where you are.

Good luck and go forward!

Cheers,

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