

Downsizing

Are you a
prisoner
of your
possessions?



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Author



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Sources



- **Dr. David J. Ekerdt**
University of Kansas
Gerontologist
- **Genevieve Tudor,**
Author "*Declutter Your Home*"

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What is Clutter?

(Webster Definition)

1. To fill or litter with things in a disorderly manner
2. A disorderly heap or assemblage
3. State or condition of confusion



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Steps to Downsizing & De-Cluttering



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Step 1

Analyze Yourself



- A. Keep Focused
- B. Give Yourself Time
- C. Make a list of all rooms in your home:
 - Including garage

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Step 1

Analyze Yourself



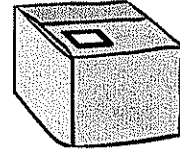
- D. Understand the "real" issues within yourself:**
- Thinking you need more storage containers
 - Wanting a larger home for more space

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Step 2

Create a Plan for Change (Three or Five Box Method)

- A. Locate several large empty boxes & label each box:**
- Give Away
 - Family
 - Charity
 - Donate
 - Storage
 - Toss



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Step 2

Create a Plan for Change (Three or Five Box Method) (con'd.)

B. Have sturdy trash bags



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Step 3

Sort Your Possessions

- A. Set a timer
(one hour per day)**
- B. Stick with your sorting plan**
- C. Pick one room/
place at a time**



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Step 4

React Promptly if Clutter Occurs

- A. Assess the amount of clutter in each room by:**
- Locating area where clutter is building
 - Organizing area using your previous sorting system



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Step 5

Don't Be a Hoarder

Three Criteria:

- A. Parts of home so full you can't use**
- B. Clutter causes guilt**
- Embarrassment
- C. Don't save items you will never use**



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Tips for Letting Go

1. Take one item at a time:
 - During sorting, decide what you want to do with the item



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Tips for Letting Go

2. Ask Yourself:
 - Do you love this item?
 - Have I used this item in the past year?
 - Do I really need this item?



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Tips for Letting Go

3. Move on without the item:
 - It's easy to form an emotional bond to your valuables/treasures



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Tips for Letting Go

4. Take out the trash



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Tips for Letting Go

5. Give it up
 - Donate to charity
 - Give items to someone else
 - Sell item



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Junk Drawer Let's Clean



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Have a Happy De-cluttered Home



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