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Let's Talk About Downsizing!

* Downsizing: Consider Down-Sizing the time to Right-Size!
	+ In Business, practice of cutting employees or physical working space in response to financial needs or strategic planning.
	+ Personally, we can also desire downsizing, or "a reduction in number or size". Could be anyone! Minimalism is good for the environment, mental health and the wallet!
* Why Now?
	+ Downsizing is about "Moving On" versus "hanging on". (Per Monika Lowery and Robert Miller, The Authorities)
	+ Do it now while it is intentional, before "Life Happens" (life or world event necessitates the change). Keeps this positive and less traumatic for everyone involved.
	+ Requires looking around, but more specifically, looking ahead.
* What is Clutter? What does it have to do with being organized? Clutter…
	+ Is anything you don’t need, use or love and doesn’t love you back.
	+ Makes us feel overwhelmed and out of control.
	+ Key concepts you need to be familiar with:
		- Filing is for retrieval, not for storage.
		- 80/20 rule: 80% of what you need in 20% of your stuff.
* So, let’s begin! DOWNSIZING!
	+ Start as early as possible. And start where you are.
	+ Downsizing is often paired with a move / sale of existing home
	+ Craft Your Plan! Grab that clipboard, create a master list, broken down by project.
	+ Plan for the life and space you want to have.
	+ Enlist Aid:
		- Family members, etc., but also can also be professionals like a home inspector, real estate agent, estate sale company (you can have one of those any time!)
	+ Consume your consumables, like Pantry Shopping. Don’t buy what you do not have room to store.
	+ Group common tasks:
		- One trip to the container store for organizers for multiple rooms, installing extra shelves in every room at the same time.
		- Where to start, if multiple projects: Greatest impact on day to day.
		- Assign a destination before you purge.
* Julie Morgenstern’s SPACE: Sort and Purge:
	+ Three boxes (or some other #): Get out those boxes or bags, label them, get to work and do not leave the room until that project is done (if possible).
	+ Sort: like with like, shapes and sizes, etc.
	+ Purge: Need it, use it, love it? Loving me back?
		- Purging: Decision Making is Big!
		- What If? Valuation of items, Resource page
		- Opportunity Costs from Just in case: Any time we choose to buy/keep something, it eliminates opportunity for something else.
		- Someone else is not benefiting from the stuff that is weighing us down.
		- Not suggesting deprivation, changing outlook will reap benefits
		- Family: How to get family member to come and get their stuff?
			* It’s difficult to make decisions for other people's stuff:
			* Set deadlines, give notice, and be prepared to do it yourself.
			* Caveat: we can't make another person want or love something.
			* Decision making is tougher, too, when emotions are high.
		- Make decisions and pass things on now while the process is yours.
			* Share items and the story behind why the item is important.
			* FB page called "Do You Want Grandma's Stuff?"
		- Purge Criteria – very objective
			* Duplicates: How many sets of towels do you need? How many mugs?
			* Usefulness: How does each piece of clothing make me feel? Do I wear all of them? Do they make me feel happy, confident, healthy?
			* Exceptions: seasonal stuff, etc.
			* Shelf Life: styles will not come back!
		- PURGE, remove immediately to destination
		- MAYBE:
			* If lukewarm, keep but store elsewhere, with expiration date.
			* Turn hangers around. As you wear an item, turn hanger around to show what’s used!
	+ Assign a Home: Where and how to store items?
		- Pick a spot and stick with it. Commit, commit, commit.
		- Store stuff you need every day as close as possible, move out from there.
		- For now, and for the new home, of course
	+ Containerize: Current home and also future home!
		- Double hang closets, double stack shelves.
		- Items are visible, accessible, pared down.
		- Baskets, spice stackers, lid holders, drawer organizers, shelves, whatever it takes.
		- Kindergarten model of Organizing: open shelves, clearly labeled bins, like with like, projects with projects, zones, etc.
			* Use unlikely space: behind the door, under the bed, new high shelf closet
			* To fit the items you are storing, the space you are using, the person using it.
			* As we organize, we can prepare for a move. E.g., my crawl space - everything is in large, labeled plastic containers, ready to go. Moving it all would be a snap!
	+ Equalize means maintenance:
		- Routine for putting things away. System for thing going out.
		- Change your thinking: Do I need / have room for / want to care for that xxx?
		- Schedule regular purges! Change of season, birthdays, finite # of hangers, same day monthly
		- Box in your laundry room for clothes to donate to charity or to make into rags.
		- Review your systems in a week or a month, make sure it’s still working for you
		- Hit hot spots daily, collect paper and clutter, put things AWAY!
		- New Point of view:
			* Life’s not about the stuff.
			* Start living life you want, make the change today.
			* Make this a positive experience, take dread out of the equation. Consider it blessing your home, as opposed to a chore (Sink Reflections).

Bibliography:

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