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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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