

## Simple Step-by-Step

Helping you get started on your downsizing journey

Start with one room at a time and focus on sorting items into **Keep**, **Donate**, **Sell**, or **Trash** piles. Use the checklist below to stay organized and reduce overwhelm.

[illegible]

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**Living Room**

	KEEP	DONATE	SELL	TRASH

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**Dining Room**

	KEEP	DONATE	SELL	TRASH

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**Bedroom 1**

	KEEP	DONATE	SELL	TRASH

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**Bedroom 2**

	KEEP	DONATE	SELL	TRASH

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**Bedroom 3**

	KEEP	DONATE	SELL	TRASH

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**Bedroom 4**

	KEEP	DONATE	SELL	TRASH

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**Bathroom 1**

	KEEP	DONATE	SELL	TRASH

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**Bathroom 2**

	KEEP	DONATE	SELL	TRASH

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**6. Office/Study/Paperwork**

	KEEP	DONATE	SELL	TRASH

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**Garage/Storage Areas**

	KEEP	DONATE	SELL	TRASH


**Outside Areas**

	KEEP	DONATE	SELL	TRASH

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**Final Tips:**


- Take photos of sentimental items you can't keep.
- Label boxes clearly: Keep, Donate, Sell, Trash.
- Focus on what you will truly need and use in your new home.

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**Need help? Contact Senior Movers for compassionate downsizing support.**

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*"Let us help you create space for your next chapter!"*