



Emotional Downsizing Reflection Sheet

Helping you navigate the emotional side of letting go and starting fresh

1. Acknowledging Your Feelings

Downsizing can bring up many emotions - and that's okay.
Use this space to note how you're feeling today.

How I feel about downsizing right now:

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What worries me most about this change:

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What excites me most about this new chapter:

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2. Memories That Matter

Think about the items that hold special meaning and why.

Items I want to keep because they represent my story:

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Items I'd like to give to family or friends:

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Memories I'll hold onto - even if I let go of the item:

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3. Reframing the Change

Sometimes, looking at things differently helps us find peace.

What I'm gaining from downsizing:

- ☐ More free time
- ☐ Easier home to manage
- ☐ More financial freedom
- ☐ Closer to loved ones
- ☐ Less stress
- ☐ Other:

4. My Support Circle

You don't have to do it alone.

People who can help or listen when I need support:

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Professional help I may consider (organiser, senior move service, etc.):

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5. Looking Ahead

Visualize your next chapter - calm, simple, and joyful.

My hopes for my new home/lifestyle:

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One thing I'll do to make this transition easier:

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Remember: Letting go doesn't mean forgetting - it means creating space for what's next.