



# LifeSize

Downsize your stuff,  
make room for more life.



# What's your vision for your next chapter?



Retirement can be an exciting chapter in life, filled with possibilities and opportunities to explore new interests or live out long-held dreams. Wouldn't it be easier to do that if you were unencumbered by all the material things you've accumulated over a lifetime? Wouldn't it be easier to make a fresh start with just the belongings that fit your new life?

That's what **LifeSize** is all about. If you've downloaded this guide, you're probably considering a move to Fox Hill Village or another senior living community, or even just a move to a smaller home. And chances are, you're thinking about which things will move with you and which things you'll no longer need. So, let's get started on downsizing your things to make room for more living.

## FIRST, WHAT'S YOUR VISION FOR YOUR NEXT CHAPTER?

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“The question of what you want to own  
is actually the question of how you want to live your life.”  
— Marie Kondo, author of *The Life-Changing Magic of Tidying Up*

# It's never too early to start.



Whether you're currently planning a move, are considering selling your home, or you just want to simplify your life, it's never too early to start organizing and decluttering your home. The more time you have on your side, the easier it will be to create a manageable plan. And, even if you never move, you'll enjoy the freedom of living with fewer things while ensuring your heirs won't be left to deal with an avalanche of belongings.

## HERE ARE SOME TIPS TO GET YOU STARTED.



### Create a timeline.

A set deadline like a moving date is a great motivator. But if you have an unspecified amount of time, give yourself a deadline that feels manageable and motivating to you.



### Use a floor plan.

If you have a floor plan for your new home, use it to decide which furniture you'll keep. If you're moving to Fox Hill Village, our Design Center professionals can help you with this process.



### Divide and conquer.

Plan to work on one category at a time. Maybe you'll clear out all the unused clothes one week and knick-knacks the next. Or maybe you'll tackle the garage on a weekend when family members can help. Put it on your calendar. As you complete each task, move on to the next. The satisfaction of seeing progress will give you inspiration to continue.

# Getting down to business.



Often, the hardest part is getting started. Once you take the first step, you'll likely be motivated by progress. The following tips will help along the way:

**Keep your goal at the forefront.** It may help to write your vision on a piece of paper and tape it to the wall of the room you're working in. If you get bogged down, just look up and remind yourself of your purpose.

**Start with the easy stuff.** If you worked with a floor plan, you may already know which furniture you're keeping. That's a great start! Next, work on the things that have little to no value or items you already feel are just clutter. Those will be easy to get rid of and clear the way for more important decisions.

**Move to the middle.** With the big decisions about furniture already made, and all the low-value clutter items cleared out, you can begin to focus on those things "in the middle." These are the things that may require a little more thought and decisions about whether to keep, sell, donate, or discard/recycle.

- Focus on keeping *only* the things you know will contribute to the new life you're creating.
- Consider how much closet and storage space you'll have in your new home and plan accordingly.
- If you have multiples of a needed item, keep one and give away, sell, or donate the others.
- When possible, enlisting family or friends to make decisions about what to give away, what to donate, what to sell, and what to discard can help you avoid "decision fatigue."

# Getting down to business.

*Continued*



- Remember that your grown children may not want your stuff. Ask them what they actually *want*.
- Remember that not everything old is an antique, and not every antique is valuable or collectible. If you have something you think may have value, consider having it appraised before you decide what to do with it.
- When you consider selling items, ask yourself if the likely return is worth your time. Selling items individually can be time-consuming. If you really want to sell, an old-fashioned yard sale may be your best route. Or, if you have several items of value, consider enlisting the help of an estate sale company.
- Consider having the “junk” hauled away rather than trying to move it out yourself.



## PRO TIP

According to downsizing expert Matt Paxton, the top three items you should throw away or recycle are:

- **Clothes:** Donate only clothing that’s clean and in good condition or it will end up in a landfill anyway. If you wouldn’t wear it yourself, send it to a local recycling center. But be sure to check the pockets first!
- **Old electronics:** See if your community offers a pick-up or recycling option for electronics or look online to find a local recycler.
- **Books:** Even libraries have trouble getting rid of books. Look online to find a local book recycler. Be sure to do a quick flip through the pages; you may find cash or notes tucked inside.

# What if you get stuck?



For many people, the process of downsizing comes with a range of emotions. Pulling a long-forgotten memento out of a drawer can bring a flood of memories you want to hold on to. You may feel sad about letting go of items your children used or an inherited knick-knack you remember seeing in your grandmother's house. It's important to acknowledge your feelings and honor your memories. It's also important to focus on the life you're moving toward.

## Ask yourself:

- If I hadn't found this item now, would I have used or sought it out?
- If I won't use it, could someone else benefit from it?
- Is it the *item* I love or the *person* I associate with it?
- Will this item add joy to my new life, or will it just become clutter?



## PRO TIP

Take a photo of the item and save it in a digital photo album. Share the photo with family members, along with your memories, to document its history and story. Then, give away, sell, or donate the actual item.



# Keepers: Items Going to Your New Home

Use these pages to make a list of the items you'll be moving to your new home. Organizing your list by room can help you keep track of how much you'll be fitting into each space and will provide a helpful guide when it's time to pack for moving day.

## LIVING ROOM

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## DEN

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## KITCHEN

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## PRIMARY BEDROOM

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**OTHER BEDROOM(S)**

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**BATHROOM(S)**

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**LINEN CLOSET**

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**STORAGE/OTHER**

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**Would you like to learn more about the exceptional lifestyle  
at Fox Hill Village and how our Design Center professionals  
can help you plan for and design your new home?**

**Call 339.224.5150 to talk with a sales counselor  
or to schedule a personal tour.**

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