Result Details

**Question 09**
If you have downsized, please select which options best fit your experience.

<table>
<thead>
<tr>
<th>Option</th>
<th>Answers</th>
<th>Skips</th>
<th>Count</th>
<th>Percent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haven't started yet</td>
<td>134</td>
<td>159</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>Feels fabulous</td>
<td>111</td>
<td></td>
<td>19.96%</td>
<td></td>
</tr>
<tr>
<td>Took longer than I thought</td>
<td>105</td>
<td></td>
<td>18.88%</td>
<td></td>
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<tr>
<td>Ok</td>
<td>75</td>
<td></td>
<td>13.49%</td>
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<tr>
<td>Had a very hard time with it</td>
<td>54</td>
<td></td>
<td>9.71%</td>
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<tr>
<td>Felt bad about leaving &quot;treasures&quot; behind</td>
<td>47</td>
<td></td>
<td>8.45%</td>
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<tr>
<td>Other Option</td>
<td>27</td>
<td></td>
<td>4.86%</td>
<td></td>
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<tr>
<td>Was not worth the effort</td>
<td>3</td>
<td></td>
<td>0.54%</td>
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</tr>
</tbody>
</table>

**Other Responses**

- Just starting to do things in preparation
  - 182,696,513
  - Saturday, Aug 19th 6:37PM

- still in process and having difficulty
  - 182,687,220
  - Saturday, Aug 19th 10:24AM

- N/A
  - 182,667,516
  - Friday, Aug 18th 4:49PM

- Have started but still work in progress.
  - 182,628,500
  - Thursday, Aug 17th 6:48AM

- New home will be about the same size.
  - 182,603,735
  - Thursday, Aug 17th 6:48AM

- Just started the process. Will probably
  - 182,592,679
  - Wednesday, Aug 16th 11:49PM

- Just started the process. Will probably
  - 182,592,673
  - Wednesday, Aug 16th 11:49PM

- I have 3 storage units filled with stuff that I couldn't part with but won't fit into new much smaller place.
  - 182,591,862
  - Wednesday, Aug 16th 10:58PM

- too young to give up interests such as sewing, art, reading, genealogy
  - 182,586,072
  - Wednesday, Aug 16th 7:44PM

- We currently live in a condo, so we are already downsized.
  - 182,581,056
  - Wednesday, Aug 16th 4:53PM

- Am living in the same home, plan to eliminate most belongings.
  - 182,578,543
  - Wednesday, Aug 16th 3:24PM
<table>
<thead>
<tr>
<th>Username</th>
<th>Message</th>
<th>Date/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>182,577,973</td>
<td>Downsized to a smaller rental. Then downsized again upon moving out of state. More than one phase of downsizing, even if not moving, is good to try.</td>
<td>Wednesday, Aug 16th 2:49PM</td>
</tr>
<tr>
<td>182,577,902</td>
<td>I didn’t downsize.</td>
<td>Wednesday, Aug 16th 2:57PM</td>
</tr>
<tr>
<td>182,576,930</td>
<td>Slow going</td>
<td>Wednesday, Aug 16th 2:28PM</td>
</tr>
<tr>
<td>182,576,767</td>
<td>More downsizing needs to be done on my part.</td>
<td>Wednesday, Aug 16th 2:11PM</td>
</tr>
<tr>
<td>182,576,679</td>
<td>We are currently downsizing and it’s hard!</td>
<td>Wednesday, Aug 16th 2:20PM</td>
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<tr>
<td>182,576,361</td>
<td>In progress</td>
<td>Wednesday, Aug 16th 2:04PM</td>
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<tr>
<td>182,576,056</td>
<td>It was worth every and all effort</td>
<td>Wednesday, Aug 16th 1:57PM</td>
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<tr>
<td>182,575,649</td>
<td>Moved to a larger home...no downsizing</td>
<td>Wednesday, Aug 16th 1:45PM</td>
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<tr>
<td>182,575,640</td>
<td>Still in the process</td>
<td>Wednesday, Aug 16th 1:41PM</td>
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<tr>
<td>182,575,325</td>
<td>Taking forever</td>
<td>Wednesday, Aug 16th 1:29PM</td>
</tr>
<tr>
<td>182,574,913</td>
<td>taking longer than we had hoped</td>
<td>Wednesday, Aug 16th 1:20PM</td>
</tr>
<tr>
<td>182,540,255</td>
<td>Challenging, emotionally, physically and time-wise, but worth it.</td>
<td>Tuesday, Aug 15th 4:06PM</td>
</tr>
<tr>
<td>182,537,838</td>
<td>Feel light and free</td>
<td>Tuesday, Aug 15th 2:35PM</td>
</tr>
<tr>
<td>182,535,842</td>
<td>Have just started cleaning all closets, drawers, cabinets and donating what we will no longer need.</td>
<td>Tuesday, Aug 15th 2:13PM</td>
</tr>
<tr>
<td>182,529,412</td>
<td>My wife had the issues concerning the downsizing.... all I needed was my clothes and golf clubs</td>
<td>Tuesday, Aug 15th 11:38AM</td>
</tr>
<tr>
<td>182,519,808</td>
<td>Working on it by selling things on ebay and donating to charity</td>
<td>Tuesday, Aug 15th 6:30AM</td>
</tr>
</tbody>
</table>

**Do you have any advice or comments about your downsizing experience?**

<table>
<thead>
<tr>
<th>Username</th>
<th>Message</th>
<th>Date/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>182,758,719</td>
<td>It's amazing how much stuff I collected over the years and how good it feels to get rid of it.</td>
<td>Yesterday, 3:54PM</td>
</tr>
<tr>
<td>182,756,808</td>
<td>Get started early, and be prepared for challenges in being able to get rid of junk (as in the cost of having it hauled off).</td>
<td>Yesterday, 3:25PM</td>
</tr>
<tr>
<td>182,709,548</td>
<td>I live in a small home, and have for years, I won't be moving. I suggest people realize smaller furniture is better. Where a couch is nice, a sofa fits better. Also small homes have less storage and closet space. Keep your dressers for storage. Day beds are small and can be used in an extra bedroom for guests in a room used for an office.</td>
<td>Sunday, Aug 20th 8:41AM</td>
</tr>
</tbody>
</table>
We plan to move to the Carolinas close to family but thinking to rent rather than making more mortgage payments and save the money we will have from selling the home. Also to give up car and move to where we can bus and rent car when necessary.

We know we will downsize eventually, but not sure when and to where. In either case, it is in our best interest to declutter as much as possible now while we can do this at a more relaxed pace. If we wait, it will be chaotic and just about everything will just end up in the dumpster that doesn't fit in whatever the new arrangements will be. Also, we are trying to prepare the children so they are given advanced notice about their possessions as most of their "stuff" is still in our house.

Unfortunately, children do not want most of the family treasures that I have loved and cared for over the years.

WE HAVE BEEN IN OUR CURRENT HOME FOR 13 YEARS!! I HAD TWO ATTICS FILLED WITH STUFF!! I HAVE HAD 2 YARDS SALES AND DONATED MANY THINGS OVER THE LAST YEAR!! WE ARE MOVING OUT OF STATE SO WE ARE LEAVING FURNITURE WITH OUR HOUSE THAT IS ON THE MARKET!! WILL BUY NEW TO GO IN OUR NEW HOME!! HIGHLY RECOMMEND START CLEANING OUT A YEAR IN ADVANCE!!

I don't let market conditions influence my decision to move.

Haven't started.

how to sell items better/quicker, what sites to use?

Allow enough time to go through your possessions and pack for moving.

You need 2 people involved, one who is willing to toss everything at the "command" of the other. Before you start going thru stuff have a plan to dispose of it. For example arrange a pickup date with a local charity service and get those items together just before the pickup. Have interested people view some things that they are interested in and give the person an ultimatum on when it has to be out of your house. Become fanatical about the way you prepare and dispose things for the garbage. Keep it neat and tidy and most public services will take it. Pack out of season clothing in extra suitcases and store in attic. Have fun going down memory lane and keep planning what you want your new home to look and feel like.

Retirees leaving their home State should be aware of these critical issues:
Buy a smaller square footage home and buy new.
Buy in a quality area with stores, malls, and entertainment nearby. Insure that the quality of the local Hospitals are top notch; they should be in top 215 Hospitals across America.
Consider how Climate Change may have an impact in your new area; check out superfund sites, quality of water, sanitation facilities, flooding, and weather anomalies. Most important for disabled veterans....make sure your V.A.M.C. has a rating of at least 90.

Using a good organizer helps.

proper planning prevents problems.

Best thing we could have done. A smaller home forces you to make some hard decisions on what you really need.

Round 1 of downsizing was preparing for move. Round 2 took place after everything was moved into new home. There will definitely be a round 3 and possibly round 4.

Start early and take breaks along the way when it gets overwhelming. I learned to consign a lot of items which brought in some money. I also looked for ways to be helpful by donating to causes instead of just throwing things away. These
donations helped on my taxes. In the end, when I had to choose to pay to move and store things, it did make some choices easier!

Take your time.

It is just stuff. Keep what you love and pass the rest along.

Start early and downsize often. The less you accumulate over time, the easier the downsize will be.

Just do it! If you haven't used it or looked at in over a year then it is a prime candidate for jettisoning.

whatever space you have, you will end up filling it again. We could easily downsize again.

If using an auction as a means to downsize quickly, expect a very minimal return on the value of your items.

The process that worked for me was to consolidate, cut in half, repeat as needed. Like clothes, I took an empty room, put all my clothes in it, stacking like items together. Then every day I would cut each pile in half. Like if you have 100 sweaters, 50 to the keep pile, 50 to the discard pile. Take items to charity daily or you will pull things out. Repeat until each pile is the size you want (10 sweaters). This process works for most everything - even tools in the garage. It also shows you how much excess you have of everything.

Have a plan. It's harder than you think. I only took what fit into my car, which wasn't much considering clothes took up a great percentage of the space. Glad I got a new start with the rest of my life and left a lot of emotional baggage behind as well. Now living where I've been dreaming about for over 30 years.

Get a storage unit and labeled all boxes. The boxes are what is important and what you will take. Live with things you feel comfortable tossing except of course furniture.

Start early before you have to (because you're moving); makes the job less onerous.

Decide that what you "need" is really needed. Put things in piles "keep", "toss", or "donate". Then steadily and slowly work on it over time. Think of how much time it took you to accumulate all those "things". The problem for many people is that they have attached memories to "things". I guess you have to ask yourself "do I really need to keep little Mary and Johnnie's first diaper" or "first pair of shoes" or 2nd grade drawings? Ask little Mary or Johnnie and if they say no, those are tossers ;-)

Just start and don't worry about whether you're doing enough at a time - ongoing progress is better than planning/waiting for One Big Event.

Do research on the things you own so you do not give away anything of value and downsize at your own pace.

Pretty overwhelming, but making some progress in updating current home for future sale, which sifting through 60 years of family 'treasures'.

Start with a drawer or closet. Don't dramatize the process. Just keep what you actually use or love. Start now and don't wait till you're too old to do it and burden your kids unfairly with getting rid of "the junk".

have gotten rid of large items but am had difficulty eliminating same ones.

Do it and be done. Do NOT get a storage unit. If you need more stuff you can always acquire it...no shortage of stuff in this world.
Took 4 weeks sold a lot donate and give away realize I spent money needlessly

Understand what is truly important to you and why. Anticipate (as best you can) what your future will be like and make common sense, realistic compromises.

Not easy to get agreement within family members

Lighten up so you have more time for fun

It was the hardest thing I ever did. My children were not at all interested in taking "family heirlooms".

Get started on it as soon as you can!

Start donating items months to a year ahead of the move. I tried to do everything at once and it was overwhelming.

Start early and get rid of any items not recently used or needed. Donate unneeded items that are in usable condition. If items have decent value, try to sell them. Resist hanging on to larger items including furniture that won’t fit in your retirement home. Free yourself of as many items as possible to lessen moving expenses especially old junk.

Starting to ponder what to let go..my mom left me a bunch of her collections. .Lladros..pewter plates..etc...not sure what I should do.don't take it all and they are not my style and they require constant cleaning..but don't want them to sit in a box for the next generation

Just do it and if necessary, ask friends to help so that you can keep up the progress. Friends/outsiders are not emotionally attached and can help provide unbiased input and suggestions.

No

moving from Ca. to Wa. state, homes less expensive, no State tax, lower cost of living.

Just getting started, but definitely plan to reduce the furniture and personal items we plan to move with us in two years.

It was a lot of work!

Other people always know what you should get rid of. : )

Am sure I will feel empowered after downsizing is complete. However, the entire process is stressful to both of us.

It takes a lot of time and effort.

Buy new home first move in what you must keep get rid of the rest in two phases phase 1 keep what is required to stage home (get rid of what doesn't go to new home or used for staging), stage 2 get rid of the stuff used for staging your home. In our case we made the buyer a great deal and he bought all the furnishings we used for staging.

You can't get it back and will get a pittance selling stuff so just keep it if you think you ever might need it again!

Start now to sort through all your belongings
Ask the number 1 question about every item: do I want this in my new home?

Wednesday, Aug 16th
5:18PM

Difficult to sell all those things collected over the years, You never get back what you think items should be worth.

Wednesday, Aug 16th
5:14PM

Put the blinders on, forget the memories, take to a local auction house or hold garage sales. This particularly applies to those items that have been in storage (basement, attic) for years and never looked at. The children are not interested in taking it over.

Wednesday, Aug 16th
5:03PM

My hubby had me make a file folder for everything all papers that entered our house, he kept it all for 51 years and then I spent the first year after his passing literally going through it all and shredding every single day. I still have some more to do.

Wednesday, Aug 16th
4:53PM

Still working on it but so far it feels good to give away and/or sell things I don't use. My husband has a much more difficult job in leaving his treasures.

Wednesday, Aug 16th
4:40PM

If you don't need the stuff let your children handle it = less grief.

Wednesday, Aug 16th
4:26PM

If we have not used it in 2 years or so we got rid of it.

Wednesday, Aug 16th
4:28PM

You have to be in the right mindset.

Wednesday, Aug 16th
4:20PM

I think of downsizing as a way of finding someone who appreciates and will use the item that I don't get the same joy from any longer. I try to see items I really enjoy as just things rather than treasures.

Wednesday, Aug 16th
4:16PM

We're going to have pictures made into digital pictures (maybe in a frame) and take pictures of special things we are going to let go of.

Wednesday, Aug 16th
4:14PM

Start now and work room by room

Wednesday, Aug 16th
4:16PM

Items you saved thinking the kids would want was a waste of time and space.

Wednesday, Aug 16th
3:30PM

Don't save it until the end. A little at a time. When unsure if we should keep something, my husband asked, "Will you need it in a beach casita somewhere, and is it worth moving it that far?" The answer was usually NO!

Wednesday, Aug 16th
4:09PM

Purge, purge, purge. It is difficult, but sell or give away anything that can't fit in the new lifestyle.

Wednesday, Aug 16th
4:01PM

If we sell our current home and stay in CT it is hard to save money downsizing. Townhomes are expensive and HOA fees high so we might as well stay in our current home. Only real savings is in moving out of state to N. Carolina or Florida.

Wednesday, Aug 16th
3:54PM

Plan on moving to a larger home, so needing to trim will be based more on what can survive a move or costs less to buy again rather than what there's room for.

Wednesday, Aug 16th
3:52PM

Get rid of everything you don't use or need.

Wednesday, Aug 16th
3:47PM

I've read the many articles on retirement and downsizing which has been very useful for me.

Wednesday, Aug 16th
3:39PM

If you have something that is still boxed up in a garage, attic or "junk room" that was packed up on your last move, and you haven't even opened it in, say, two or three years, you don't need it. Also, large, bulky furniture that is taking up
Think long and hard about leaving your home area.

This was my 2nd downsize. 1st was move to motorhome full time, 2nd moved out of small wonderful home in California to return back east with family. My advice, get rid of everything you dont need. Sentiment is lost if your children have to sort through things after you are gone and usually no one wants your things anyway. I am 85 so at the tail end of retirement. I'm sure younger people will feel different.

Look in every room for any items you haven't used in six months or more and donate them. Use the tax right off to help reduce income taxes.

The key is to just get started. Its easy and exhilarating once you get started.

Do it in phases. Categorize into definites, maybes, and nevers. Go over the maybes at the next phase. If you put maybes away and never look at them again until the next downsizing phase then they should become definites. It really helped to understand items that were constantly used versus occasional use. Keepsakes are important for memories but even those can be downsized. When you move try to avoid getting back into the same trap of buying for a 'one time use'.

Find a friend who has no emotional attachment to all the things that you're not sure whether to keep or not. Another idea is to take photos of items; the memory will be there but won't take up space in a new home, collect dust and probably be thrown out/given away when you die.

Do the best you can to just "let go". In reality whatever you are looking at will have little to no value or interest to those who will be coming behind you to do away with your things. It will take longer than your best estimate and until you get your mindset into the reality of the project the task will be never ending.

Just get rid of things you don't need or use try to keep it simple & less work

So much of my "stuff" is full of memories of my life and parenting. Somewhat resent having to get rid of it now for the benefit of my heirs. They seem to want it all reduced to a neat check they can take directly to the bank and then live their dreams with it.

It's often so hard to make choices of what to keep and what to give away. After offering many items to my son and his wife, we sold off a lot of our furniture that would not fit into our downsized house. materialistic items that we don't need anymore.

Start at least 2 years prior to the sale of your home . Don't expect others to value your belongings as much as you do.

Not sure what to do until we know if we are going to still have health care in US

Get rid of boxes of books (just limit yourself to only 1 box of books). These items are too heavy and cumbersome to move. Get KD (knock-down) furniture instead of heavy pieces to move. Invest in a small truck to move your own stuff. Just keep the basic items that you REALLY NEED - NOT WANT. The downsizing for me created lots of emotions after a 25 year marriage/divorce, so photos were boxed up and my sister took the time to go through them at her home and get rid of all those memories that I did not have to go through. What a life saver that was and a much healthier solution!

We moved from North to South and love our more casual lifestyle here. That said, some of the more traditional furnishings we moved didn't look right and we should have sold them instead of paying to move them!

It was also more difficult for my husband to give up a lot of his "stuff" (he is a long time collector), but he realized that much of what he had sat in a box or drawer and it was better to have fewer, favorite things that he could display in his "special" room.

It definitely takes preparation and time. You don't want to regret getting rid of something.
It's difficult throwing away much of a lifetime of stuff. Problem is that my wife is just filling up the new home with same stuff and we'll have to do it again.

Common sense in understanding values applies, helps remove the emotions.

I was surprised by how easy it became to let go. Especially since I tend to have a lot of things that I really like (or maybe thought I did at the time of acquisition).

I have mixed feelings. Some downsizing was forced (items left behind by spouse during a move) and expensive new items were "downsized". The downsizing I have done prior and since the move has been successful though!

Start early because too much stuff

Just because you paid a lot for furniture or belongs years ago does not make it valuable now. Do not want to live with the "old". Want to start fresh.

Downsizing is important and we are remiss at not having started. While an anticipated change is yet years away, we have learned over that past 10 years that (sometimes unpleasant) surprises happen. The ability to control/manage downsizing could easily be compromised. (For example, one attempt to get started was held up for two years due to knee mobility issues that were recently resolved.) Also, age tends to bring on stasis making getting started that much more difficult.

Do not wait until you retire, get started now. Less to do as you get into retirement.

It is painful to get rid of memories, but later you wonder why you ever kept all that junk anyway. My advise is ALWAYS be purging stuff.

Selling things that had no sentimental value was not hard, but selling sentimental item was hard and I am sorry I sold so many of the things I can not replace

Goal is to get rid of pretty much everything and start afresh at next location. Slowly things are disappearing. Will remodel when house is empty.

If you are going to relocate a very long distance try to limit keepsake items to photos and very small items and share those larger treasures with children, siblings other family and friends.
Start long before you plan to move. If you are part of a couple discuss what each of you feels you must keep and what each can part with. Do not expect that you will agree or see eye to eye about what is important. As they say, "One man's (or woman's) trash..."

We used ebth.com. Piece of cake to do downsizing. I highly recommend this on line auction approach, assuming ebth (Everything But The House) has a presence in your area. Caring Transitions is a different approach that ebth, but worth considering. EBTH does all the work, all you do is decide what you want to sell. Minimal intrusion into your home, some items go for pennies on the dollar, some item sold for big money. We received about twice the net money than what we expected.

Start well in advance of moving. We started a year ago and expect to move in 6 months and still not finished. It's very emotionally and physically exhausting so give yourself lots of time. Wish we had started 2 years ago.

Start getting rid of things well beforehand.

No, but I wish someone would give me some advice!

Seriously review your health, mobility status not only now but project into 15 and 20-25 years from now. Plan and realize you may not be able to "walk" to the grocery store or "drive". Does your area now and future one have the services that your aging "you" will need. Do you really need that 4/2 large home when your 85? Will you be able to clean it weekly? Grandkids pop in about 3 to 4 times a year - realistically folks! There are hotels you know ;)

Start early. This is a multi-step process and takes a long time to do it well. Kick emotion out the door, be business-like and do it in stages.

Went from 2900 feet to 1100 and love it! Why did I ever have a 4 bedroom, 3 bath house for one person? Love my 2/2. So happy!!!

I keep procrastinating, but I know I have to do it!

It'll take MUCH more effort and time than you might think!

I regret some of the things I've sold so far. Think long and hard about the things that have memories attached.

Try to spread it over several months and be willing to give or throw away a lot.

While cleaning out and selling my deceased parents' and deceased sister's homes, started winnowing out our own possessions. Also bought lighter, smaller, easier to move furniture. Also starting to make those minor repairs and upgrades so when we finally find a place we love we can just plunk down a For Sale sign and go.

Start early!

Was tough to make decisions on what to keep and move and what we get once we are in our new home. We decided that this is our last home and will decorate and buy closer to the location we are relocating to. Was a lot of things but we let them go.

I would say, plan ahead...get rid of all things you no longer use. Make it fun, an new life adventure, and don't get stressed. It's a new beginning!!! YAY!!

Let it go!

Hard to let go of stuff but start early. You forget most of the stuff you disposed of fairly quickly - more quickly than you thought you would.
Start early, at least 2-3 years before selling your home.

Be predatory and avoid sentiment (a little, very selective, is OK.) Do it in an organized way: either room-by-room or category-by-category (e.g., books, furniture, clothing, knick-knacks, etc.)

Some things are hard to let go but I thought of it as a new beginning. Being retired from the military and moving to new place every so often I took everything in stride. Anytime you move it’s a pain in the#$%&@. I wish I had rid of more things and leaving just the essentials in storage and should of got one of those pods rather than leaving my belongings in storage. It’s pretty expensive!

Take photos of your treasures so you can keep the memories. Try to give as much as you can to family and friends or donate to a good cause. Much easier than selling.

Set-aside specific times to tackle a specific downsizing project, and see it through to completion. It helps to keep the ultimate goal in mind when the going gets tough.

If you don't love it, get rid of it.

One of your questions mentions "we." There are those of us who are single. No "we" involved.

It took us about three years to downsize and find a smaller house. Housing is very tight in our area right now. We are planning on downsizing one more time to a condo.

Start now - it can be difficult and your kids don't want your things!

It is the only thing to do. Your children will despise you for having to do it for you if you don't do it yourself.

It was not that difficult. Feel much lighter. We have only kept personal things, photos, tax returns and shredded most of the old documents which are no longer needed. Most of the photos we have scanned so we won't have boxes of albums etc.

I live in California and taxes are too high to stay here. I would like a place with a few acres where I can have chickens, goats, a horse or two and a garden. I am by myself and like it being peaceful. Definitely looking forward to slowing down.

It's tough to get started because it can be such a large and daunting task. Start with one closet or dresser just to get into the swing of it. Then do one more each week. Try to participate in community garage sales and donate what doesn't sell. Make the children take what they left behind when they moved out.

Give yourself plenty of time to de clutter and do any home repairs needed. We started a year before and we should of started sooner.

Rent a dumpster over a long weekend or keep it for a week or more and make a commitment to toss out those broken chairs, inflatable toys for pool or lake. All the junk that lurks in the basement, attics, corners of the closets. Be hard on yourself and just bite the bullet and chuck it.

Buy plastic bins for storage rather than boxes
<table>
<thead>
<tr>
<th>ID</th>
<th>Text</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>182,519,200</td>
<td>Will be moving to 55+ community and renting in one now. Just don’t feel like I’m ready for this — I’m 70 and my husband is 71. Hurts to give away perfectly good furnishings because of dreaded open-floor plan in new home!</td>
<td>Tuesday, Aug 15th 6:25AM</td>
</tr>
<tr>
<td>182,518,906</td>
<td>Start earlier, it’s a long process.</td>
<td>Tuesday, Aug 15th 6:14AM</td>
</tr>
<tr>
<td>182,518,883</td>
<td>Start early! It will take much longer than you expect. But, if you keep plugging away at it, you will begin to see the progress and that will encourage you to keep going. Start your downsizing.</td>
<td>Tuesday, Aug 15th 6:04AM</td>
</tr>
<tr>
<td>182,518,742</td>
<td>I’m in the middle of downsizing. It is difficult to start but the more I think about moving, the easier it gets. You need a goal to get you through all of the hassle!</td>
<td>Tuesday, Aug 15th 6:10AM</td>
</tr>
<tr>
<td>182,518,429</td>
<td>Get rid of all of those “valuables” you thought you had to have but realize it is extraneous “stuff”.</td>
<td>Tuesday, Aug 15th 6:01AM</td>
</tr>
<tr>
<td>182,494,717</td>
<td>I purge a little at a time, one type of item at a time. For instance, I looked at all of my kitchen utensils at once and decided how many spatulas I really needed (not the six I’d accumulated). “The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing” by Marie Kondo was a very helpful starting point for me. (Some tips were more useful than others, but I’ve lived long enough to know how to take advantage of what’s best and ignore the rest.)</td>
<td>Monday, Aug 14th 2:10PM</td>
</tr>
</tbody>
</table>