

Have you been thinking about downsizing or rightsizing but it seems overwhelming? Do the decisions of where, how, when and what possessions to take, cause your mind to go blank? Decision fatigue is when having to make too many decisions stops us in our tracks. Here are 5 steps to end decision fatigue and start you down the right path.

Step 1 Make a Plan - Ask yourself: why do you want to downsize?

Everyone has their own reasons. Looking for more social engagement and a maintenance free lifestyle are often at the top of the list. Consider your interests, financial situation, location of friends and family, and how you envision living life to the fullest. Start early and take time to learn about your options. Creating a plan that fits your current lifestyle and takes into consideration possible future care needs means first doing some research. Choosing a place that aligns with your goals may take some time, but it's worth the effort! Making your own decision versus having it made for you due to a change in circumstances can make all the difference in your future happiness.

Step 2 Communicate your plan

Communicate your plan to loved ones, friends and trusted advisors. This does not necessarily mean asking for permission or opinions, however it can be beneficial, to keep them in the loop concerning future housing plans. Later if you need or want support, they will be in a better position to provide it.



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Step 3 Surround yourself with the right resources

Find qualified professionals to support your decision. You will likely need the services of a variety of people, who are both knowledgeable and skilled in downsizing moves. Getting to know them before you need them allows you an opportunity to make the best choice for your situation.

Step 4: Dealing with all the "Stuff"

What to do with a house full of possessions can be overwhelming. The uncertainty of where to begin, reluctance to part with treasured items, or the physical work required can become stumbling blocks. Start small, just 15 minutes per day, one closet at a time. Think about what are the important things in your life and begin to get rid of things you no longer need. If you have been telling family members you are going to give them items someday, today is the day. The good news is there are trained professionals who can help with this step. By focusing your attention primarily on what you need and/or want, you can easily navigate the downsizing process and let the pro's handle the rest!

Step 5: Take Care of Yourself and Celebrate your new Lifestyle

Paying attention to how you feel is very important. Get plenty of rest, eat right and stay hydrated. Most importantly communicate your feelings with your family, friends and with the professionals around you. Moving is a top stresser at any age. Celebrating your new lifestyle may sound like an easy step, however, the impact of downsizing is often underestimated. Take care of yourself and give yourself some grace as you adjust to your new lifestyle.

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