

A FREE RESOURCE FROM GUIDING LIGHT TRANSITIONS

The Downsizing Checklist

A room-by-room guide to sorting, deciding, and letting go — at your own pace. Work through it in an afternoon, or a little at a time over several weeks.

ASK OF EVERY ITEM

Do I use it?

Do I love it?

Will it fit the new space?

● Living Room

- ☐ Furniture you use daily
- ☐ Lamps & lighting
- ☐ Media & electronics
- ☐ Books & decor
- ☐ Rugs & curtains

● Kitchen & Dining

- ☐ Everyday dishes & cookware
- ☐ Small appliances
- ☐ Table & chairs
- ☐ Linens & serveware
- ☐ Pantry items

● Bedroom

- ☐ Bed & mattress
- ☐ Dresser & nightstands
- ☐ Out-of-season clothing
- ☐ Bedding & linens
- ☐ Personal keepsakes

● Bathroom

- ☐ Medicine cabinet contents
- ☐ Towels & linens
- ☐ Toiletries & supplies
- ☐ Small storage furniture

● Closets & Storage

- ☐ Clothing not worn in a year
- ☐ Shoes & accessories
- ☐ Off-season items
- ☐ Luggage

● Garage, Basement & Attic

- ☐ Tools & equipment
- ☐ Holiday decorations
- ☐ Sentimental boxes
- ☐ Items for donation pickup

YOUR TIMELINE

A Simple Week-by-Week Plan

Every transition is different — use this as a loose guide, and adjust it to your family's own pace.

8 Weeks Out

- ☐ Schedule your free consultation
- ☐ Set a target transition date
- ☐ Walk through the new floor plan
- ☐ Start sorting one room at a time

4 Weeks Out

- ☐ Finish sorting keepsakes & photos
- ☐ Confirm your packing start date
- ☐ Arrange donation or estate sale pickup
- ☐ Notify utilities & change of address

2 Weeks Out

- ☐ Pack non-essential rooms
- ☐ Label boxes by room
- ☐ Confirm transition-day logistics
- ☐ Set aside a "first night" bag

Transition Week

- ☐ Pack remaining essentials
- ☐ Do a final walkthrough of the old home
- ☐ Coordinate with the moving team
- ☐ Confirm arrival time at the new residence

Settle-In Week

- ☐ Unpack & place furniture
- ☐ Set out familiar photos & items
- ☐ Make the bed first
- ☐ Take a breath — you did it

Keep

Gift to Family

Donate

Sell

Undecided

Need a hand with any of this?

Guiding Light Transitions offers hands-on support at every stage — from the first sorting session to the last box unpacked.

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