

Your Perfect Fit

rightsizing for a more enjoyable life

Did you know that removing some possessions and clutter can benefit your mental health? It's true! "Rightsizing" your home and belongings can boost mental clarity and can also cut down on your weekly chores.



WHY RIGHTSIZING MATTERS

- Mental and Emotional Benefits
 - Studies show that a clutter-free environment can reduce stress and even improve focus. It's about having more peace of mind and making your home work for your current lifestyle.
- Physical Benefits
 - Less clutter means fewer tripping hazards, easier cleaning, and a home that's safer and easier to navigate.
- Financial Benefits
 - Rightsizing can help you reclaim space, sell or donate what you don't need, and even save money on maintenance and storage costs.

WHERE TO START: SMALL STEPS, BIG IMPACT

1. Start Small: Start with an easy win—maybe a single drawer, a shelf, or a small closet. Give yourself a quick success!
2. The "Love It, Use It, or Lose It" Rule: When deciding what to keep, ask yourself: Do I love it? Do I use it? If not, it may be time to let it go.
3. The 5-Minute Rule: If it takes longer, set it aside for later and keep moving.
4. Create a "Maybe" Box: Not ready to part with something? Put it in a box and mark a date on it. If you don't open it in six months, you probably don't need it!



The difference between Clutter & Hoarding

The difference between clutter and hoarding lies in degree, control, and emotional attachment. The key distinction is that clutter is temporary and manageable, while hoarding is a psychological condition that requires intervention and support.

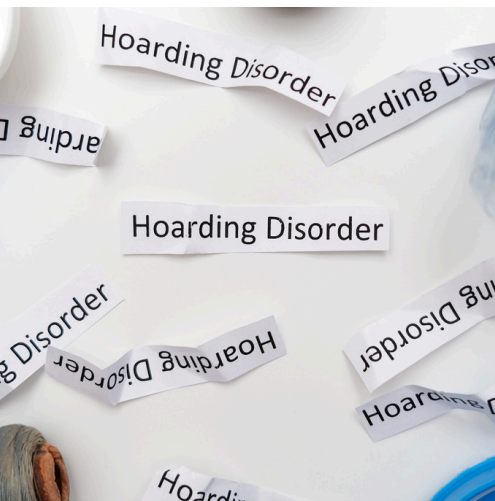
CLUTTER

Clutter is a normal and manageable accumulation of items that may cause disorganization but does not prevent normal daily living. Cluttered homes can still be cleaned, navigated, and maintained, and people with clutter are generally willing and able to part with items when necessary with a solid plan, effort, and motivation.



HOARDING

True hoarding is a recognized mental health disorder (Hoarding Disorder) that goes beyond disorganization. It involves a compulsive inability to discard items, even those with no practical value, leading to severe accumulation that impacts safety, hygiene, and daily life. Hoarding is not just about having too much stuff—it is a deeply ingrained psychological condition that cannot be solved with a simple decluttering plan. It typically requires professional therapy and intervention, sometimes including cognitive behavioral therapy (CBT), to address the underlying emotional and psychological factors.



Why Start Rightsizing Now?

Many people know they should work toward a clutter-free home but put it off because it's not urgent. However, rightsizing is easiest and most beneficial when done proactively rather than during a stressful transition. Here's why starting now is the best choice:

01

A Gift to Your Loved Ones: One of the greatest gifts you can give your family is taking the burden of sorting through your belongings off their shoulders. Additionally, instead of waiting until it's overwhelming, pass down meaningful belongings personally, giving your family a chance to appreciate the memories with you.

02

More Time & Energy for What You Love: Too much clutter steals your time! More stuff means more cleaning, organizing, and maintaining. Rightsizing now lets you spend your energy where it truly matters—on experiences, relationships, and living life fully.

03

Make Your Own Decisions On Your Own Time: Decluttering on your own terms means you stay in control of what happens to your belongings. When rightsizing happens in an emergency (health event, sudden move), decisions are often made quickly and by others. Starting now means you get to decide what's important, what stays, and how your home works for your current lifestyle.

04

Reduce Unexpected Costs: If a move becomes necessary, last-minute downsizing can be expensive. The cost of moving, storage, or emergency cleanouts can add up quickly. Taking small steps now can save money and prevent unnecessary expenses.



5 Types of Clutter

Understanding the different types of clutter can help seniors (and anyone) recognize why certain items pile up and make it easier to take action when rightsizing. Here's how to define each:

Homeless Clutter – Things Without a Designated Place

- These are items that don't have a proper home in your house, so they end up in piles, on counters, or shoved into random spaces.
- Examples: Unopened mail, keys, loose papers, chargers, or seasonal items that never got put away.
- Solution: Assign a specific home for everything or create a designated drop zone for commonly misplaced items.

Fantasy Clutter – Items for Aspirations Unlikely to Be Realized

- Possessions kept for activities or lifestyles you aspire to but are unlikely to pursue.
- Examples: Musical instruments for lessons never taken, gourmet cooking tools never used, or equipment for a sport you've lost interest in.
- Solution: Honestly assess your current interests and let go of items associated with pursuits you're unlikely to undertake.

Guilty Clutter – Things You Keep Out of Obligation

- This is clutter that stays because of guilt, whether from sentimental attachment, money spent, or fear of offending someone.
- Examples: Gifts you never liked but feel bad getting rid of, expensive purchases that didn't work out, inherited furniture that doesn't fit your space.
- Solution: Give yourself permission to let go. A gift's purpose was to bring joy when given, and keeping something out of guilt doesn't serve you or honor the giver.



5 Types of Clutter

Identity Clutter – Stuff That Represents Who You Were, Not Who You Are

- These items reflect a past chapter of life, but no longer align with how you live today.
- Examples: Work-related materials from a job you retired from, clothing or uniforms from a past career, collections that no longer interest you. This could even be clothes that no longer fit.
- Solution: Keep a few meaningful items, but don't let your past crowd out your present. Take photos of sentimental items before letting them go.

Lazy Clutter – Items That Pile Up Due to Procrastination

- This is the everyday clutter that accumulates because things haven't been put back where they belong.
- Examples: Piles of laundry, stacks of unread magazines, dishes left in the sink, things you meant to donate but never did.
- Solution: Adopt small daily habits like the "One-Minute Rule" (if a task takes less than a minute, do it now) to prevent clutter from building up.

By identifying what type of clutter you're dealing with, you can make more intentional decisions about what to keep and what to release.

Common Roadblocks

Sentimental Items:

- It's okay to keep treasures, but consider digitizing photos or passing meaningful items down now rather than later.



Guilt Over Getting Rid of Gifts:

- A gift served its purpose when it was given. If it's not bringing you joy anymore, it's okay to let it go.

"I Might Need This Someday" Syndrome:

- If you haven't used it in a year, it's probably safe to part with it. And if you ever do need it, there are always ways to borrow or replace it!



ANNUAL DECLUTTERING PLAN BY MONTH

JANUARY	FEBRUARY	MARCH
Paper Clutter <ul style="list-style-type: none"> • Scan/file important documents • Reduce book/VHS/DVDs & purge outdated magazines • Make a plan for digitizing photos 	Small Spaces <ul style="list-style-type: none"> • Junk Drawer • Linen Closet • Entry/coat closet • Household cleaners • Medicine cabinet • Side tables & night stands 	Hobbies <ul style="list-style-type: none"> • Abandoned projects • Excess fabric, yarn, scrapbooking supplies, ect • Game closets • Tools & spare parts
APRIL	MAY	JUNE
Collectables and Memorabilia <ul style="list-style-type: none"> • Get appraisals for valuable items • Consult with auction house • Set a deadline for family to get their belongings 	Kitchen & Pantry <ul style="list-style-type: none"> • Kitchen tools, small appliances, cookware, cookbooks & entertaining items • Spices and pantry items that are expired 	Electronics <ul style="list-style-type: none"> • Old cell phones, computers, and office equipment • Cords and old chargers • Broken or "orphan" remote controls
JULY	AUGUST	SEPTEMBER
Closets & Dressers <ul style="list-style-type: none"> • Anything you haven't worn in two years: <ul style="list-style-type: none"> ◦ Clothing, socks, undergarments ◦ Shoes and handbags ◦ Winter accessories ◦ Swimsuits 	Furniture <ul style="list-style-type: none"> • Excess storage furniture that may promote excess • Curio & china cabinets • Box TV cabinets • Broken or extras that no longer fit your space or lifestyle 	Garage & Sheds <ul style="list-style-type: none"> • Unneeded camping, sports, exercise, or recreational equipment • Unneeded paint and household chemicals (arrange for responsible disposal)
OCTOBER	NOVEMBER	DECEMBER
Home Maintenance <ul style="list-style-type: none"> • Organize air filters & lightbulbs • Test Batteries & flashlights • Owners manuals for appliances you no longer own 	Holiday & Attic <ul style="list-style-type: none"> • Pare down holiday and seasonal home decor • Use cooler months to pull items out of the attic and determine whether or not to keep 	Keep It Up!! <ul style="list-style-type: none"> • Make a maintenance plan - a designated "drop" box for donations throughout the year • Be mindful of what you bring into your home

THINK TWICE

Before you bring new items into your home,
decide if you really need them.

- Free promos such as pens, coffee mugs, stress balls, reusable bags
- Vases from flower arrangements
- Dirty Santa gifts, such as lotions, candles, and decor that you wouldn't have otherwise purchased
- Junk mail!
- Refrigerator magnets
- Boxes, such as shoe boxes or boxes from electronics
- Impulse buys
- Takeout menus and excess fast food condiments

Have a plan.

- Create a regift box and a donate box. When you receive something that isn't something you need or won't bring you joy, put it in one of these two boxes. When the donate box is full, contact your favorite charity or give us a call and we'll point you in the right direction!
- Open mail by the trashcan and throw out junk mail right away.
- Guard your peace of mind by guarding your space.



Notes

MY ACTION STEPS BASED ON TODAY'S TOPIC:
