

5 COMMON DOWNSIZING MISTAKES

AND WHAT TO DO INSTEAD

MISTAKE 1: WAITING TOO LONG TO BEGIN

- Start the downsizing process early to reduce stress.
- Delaying can lead to panic, overwhelm and limited options.
- Preparing early leads to a smoother transition.

MISTAKE 2: TRYING TO DO IT ALL YOURSELF

- Downsizing involves complex decisions and emotions.
- You may benefit from mental, emotional, and physical support.
- Make a list of reliable support (family, friends, etc.).
- Professional help is often necessary (Move managers, Movers, Real Estate Pros).

MISTAKE 3: DEFERRING BIG DECISIONS UNTIL LATER

- Procrastination can add stress after the move.
- Make tough decisions before moving for relief and clarity.
- Avoid delaying decisions, as they don't get easier post-move.

MISTAKE 4: TIME SPENT RESEARCHING ITEM VALUES

- Searching for item values can be a form of procrastination.
- It's often not worth the time spent trying to recoup original costs.
- Consider the value of the enjoyment the item has brought you.

MISTAKE 5: TAKING DOWNSIZING TOO SERIOUSLY

- Downsizing can be emotionally and mentally exhausting.
- Maintain a sense of humor and focus on the positive.
- Don't let the process become overly serious—it's just stuff.

The Good News - We can help you avoid these mistakes!
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