

FREE GUIDE

Where to Start When *Downsizing* Feels Overwhelming

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A GENTLE, PRACTICAL GUIDE
TO TAKING THE FIRST STEP

- ✓ Simple steps to begin
- ✓ Helpful mindset shifts
- ✓ Easy wins to build momentum
- ✓ Support for life's next chapter

*You don't have to do
everything at once.*

YOU JUST NEED A PLACE TO BEGIN.



— ♥ —
Joynette Inspires
DOWNSIZING SUPPORT
FOR LIFE'S NEXT CHAPTER
♥

Where Do You Even Start?



At some point, it's not just about the space—it's about the life inside it.

Downsizing can feel overwhelming in a way people don't always expect. It's not just sorting through things—it's sorting through memories, decisions, and sometimes even identity.

If you've been putting it off because you don't know where to start, you're not alone.

The good news is:
You don't have to do everything at once.
You just need a place to begin.



The 3 Biggest Downsizing Mistakes



1. **Trying to do everything at once.** This leads to burnout and decision fatigue very quickly.
2. **Starting with sentimental items.** These are the hardest decisions—and the fastest way to get stuck.
3. **Not having a simple plan.** Without direction, everything feels equally urgent and overwhelming.



A Simple Way to Begin



Step 1: Start Light

Choose low-emotion areas like:

Bathroom

Pantry

Linen closet

Other closets, 1 at a time



A Simple Way to Begin: 2



Step 2: Use TWO Simple Categories

1 = Keep

2 = Let Go

(gift, donate, sell, recycling, & discard)

Decide what comes with you first.

Logistics come later.

We're not deciding where it goes yet—
just whether it comes with you.



A Simple Way to Begin: 3



Step 3: Work in 2-Hour Sessions

Stop before you feel exhausted.

Small progress builds
momentum—and confidence.



Start with Easy Wins



Begin where decisions are simple:

- Duplicate kitchen tools
- Old spices
- Worn-out towels
- Extra linens
- Unused small appliances
- Old cleaning supplies



More Easy Wins



- Expired pantry items
- Expired medications
- Mismatched containers
- Broken or unused décor

These small decisions build momentum—
and make the next steps feel easier.



A Gentle Shift in Perspective



Letting go isn't about losing your past.

It's about choosing what comes forward with you.

Every item you release creates space—not just in your home, but in your next chapter.

You're not getting rid of your life.

You're making room for what matters now.



You Don't Have to Do This Alone



Downsizing isn't just a physical process—it's an emotional one.

You don't have to:

- Do everything at once
- Make every decision perfectly
- Figure it all out alone
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You just need:

- A starting point
- A simple plan
- The right support



Here to support you the way you need



If you're feeling stuck on where to begin, I offer in-home downsizing support in Calgary.

Together, we create a simple plan and take the first steps—without overwhelm.

Download this guide or book your session online.

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