ERIN CECIL | COLDWELL BANKER REGAN REALTORS

Downsizing Made Simple

A stress-free, 30-day plan for letting go of 30 years of memories



ROOM BY ROOM · DAY BY DAY · AT YOUR PACE

ERIN CECIL

COLDWELL BANKER REGAN REALTORS

www.erincecil-homes.com | 913.707.6154 | ececil@cbregan.com

BEFORE YOU BEGIN

Hello,

This guide was created with one goal in mind — helping you move into your next chapter with less stress and more clarity.

Rightsizing isn't about getting rid of everything you've built over the years. It's about choosing what supports the life you want moving forward. After decades of memories, routines, and "one day" items, it's completely normal to feel unsure where to begin.

This guide is designed to make the process feel manageable. No pressure. No rushed decisions. Just small, intentional steps that help you create space for what matters most.

You'll move room by room, day by day, focusing on progress — not perfection.

I am honored to be part of this journey with you.

Coldwell Banker Regan Realtors

Erin Cecil

P.S. If questions come up along the way, you don't have to figure it out alone — I am here when you're ready.



HOW TO DECIDE

The Four Categories

Every item in your home belongs in one of these four. When you get stuck, it is almost always because you are trying to invent a fifth.

KEEP

It earns its place in your next home. You use it, you love it, or you would choose it again today.

SELL

It has real value to someone else and you are ready to part with it. Start early — selling takes longer than you think.

GIFT

Someone you love would treasure it. Passing things along now means you get to watch them be enjoyed.

TOSS

Worn out, expired, broken, or duplicated. No guilt here — this is the pile that makes room for everything else.

THE THREE QUESTIONS

When a decision feels impossible, stop and ask:

1. Would I choose this again today?
2. Does this fit my next home?
3. Does this serve my future — or only my past?

If the answer to all three is no, you already know where it goes.

A NOTE ON PACE

You are not required to finish a day in a day. Some rooms take an hour. Some take a weekend. The schedule is a guide, not a deadline — and nobody is grading you.

WEEK ONE

Start Small. Build Confidence.

Before tackling sentimental spaces, begin with areas that require less decision-making. These quick wins build momentum and make the process feel manageable.

Day	Focus	What to do
1–2	**Linen closets**	Remove worn or unused linens. Keep only what you realistically use. Donate extras in good condition.
3–4	**Kitchen duplicates**	Extra utensils, mugs, and small appliances. Keep your favorites and release the rest.
5	**Toiletries & expired items**	Dispose of outdated products. Clear cabinets and drawers. Keep everyday essentials only.
6	**The junk drawer**	Sort into keep, toss, or relocate. Let go of anything without a purpose.
7	**Reset & celebrate**	Step back and notice the progress. Donation bag out the door. Confidence built.

GOAL OF WEEK ONE

Build confidence before tackling emotional spaces. Nothing this week should make you sad. If a decision starts to feel heavy, you have wandered into Week Four territory — set it down and come back to it.

SET YOURSELF UP

Four boxes or bags, labeled Keep, Sell, Gift, and Toss. A timer, if you like one. And a plan for where the donation load goes — a full bag sitting in the hallway for three weeks quietly undoes the progress.

WEEK TWO

The Utility Zones

These areas tend to hold the "we might need this someday" items. This week is about creating breathing room in the behind-the-scenes spaces of your home.

Day	Focus	What to do
8	**Coat closet**	Remove unused or duplicate outerwear. Keep current seasonal favorites. Relocate what belongs elsewhere.
9	**Laundry room**	Clear shelves and cabinets. Dispose of empty or old products. Simplify to everyday essentials.
10–11	**Garage & storage shelves**	Start with one shelf at a time. Sort tools, bins, and forgotten items. Let go of duplicates and broken pieces.
12	**Basement storage**	Focus on the easy decisions first. Group similar items together. Set aside donation and sell piles.
13	**Apply the two-year rule**	Walk the zones again with one question in mind (see below).
14	**Donation drop-off day**	Load the car. Schedule a pick-up if needed. Celebrate the space you created.

THE TWO-YEAR RULE

If you haven't used it, loved it, or looked for it in two years, it may not need to move forward with you.

The exceptions are real — seasonal items, tools, important papers. But "I might need it someday" is not the same as "I will need it," and the storage shelf knows the difference.

WEEK THREE

The Living Zones

Now that the easier areas are complete, it's time to focus on the rooms that define how your home feels — and what truly supports your next chapter.

Day	Focus	What to do
15	**Bookshelves**	Keep meaningful or frequently used books. Let go of outdated or unread volumes.
16	**Decorative items**	Choose pieces that bring you joy. Remove anything that feels like an obligation.
17	**Living room surfaces**	Clear side tables, consoles, and shelves. Aim for open space, not full space.
18	**Dining room storage**	Review serving pieces and extras. Keep what fits your current lifestyle.
19	**Furniture evaluation**	Consider what will realistically fit a future home. Prioritize comfort and function.
20	**What won't move forward**	Identify items that belong to a past season rather than the next one.
21	**Reflection & reset**	Step back and notice how your home feels now. Celebrate the progress.

GOAL OF WEEK THREE

Keep what enhances daily life and release what no longer fits your future.

A note on furniture: measure before you decide. A sofa that anchors a large family room can overwhelm a smaller one, and the piece you were sure you'd keep sometimes decides itself once you see the dimensions.

WEEK FOUR

The High-Emotion Zones

This week focuses on the most personal spaces in your home. Move slowly, give yourself grace, and remember — the goal isn't to rush decisions, but to choose intentionally.

Day	Focus	What to do
22	**Bedroom closet**	Remove what no longer fits your lifestyle. Keep clothing you currently wear and love.
23	**Clothing for your future life**	Think about how you want to live going forward. Let go of the "just in case" pieces.
24	**Keepsakes**	Choose the most meaningful items. Quality over quantity. Preserve memories, not clutter.
25	**Photos — digitize day**	Select favorites to keep physically. Scan or digitize albums where you can.
26	**The one-box rule**	Choose one box for special keepsakes. When it feels full, revisit what matters most.
27	**Gifts & heirlooms**	Pass meaningful items to family now. Release the guilt tied to things you don't use.
28	**Final pass**	Walk each room with fresh eyes. Remove anything that no longer feels aligned.

IF THIS WEEK IS HARD

You're not getting rid of memories — you're choosing what travels with you.

Photograph the things you're letting go of. The picture keeps the memory without the square footage, and it makes the decision considerably easier.

DAYS 29 & 30

The Next Chapter Finish Line

After four weeks of thoughtful progress, these final two days are about stepping back, taking inventory, and preparing for what comes next — at your pace, with zero pressure.

DAY 29 — YOUR FRESH EYES WALK-THROUGH

Take a slow walk through your home with fresh perspective.

- Notice how the space feels now compared to Day 1
- Identify the rooms that feel lighter, calmer, and easier to manage
- Make a short list of anything that still feels heavy or unresolved

This isn't about perfection — it's about awareness.

DAY 30 — YOUR NEXT CHAPTER PLANNING DAY

Now that you've made space, begin imagining what comes next.

- What type of home would feel easier to maintain?
- Which spaces matter most in your daily life?
- What would you like more of — and less of?
- Are there updates or simple repairs that would support your goals?

Small decisions today create clarity for tomorrow.

WHAT TO KEEP TRACK OF FROM HERE

	Notes about features you want in your next home
	Photos or inspiration you've saved
	Questions about timing or options
	Maintenance or improvement ideas for your current home
	Donation and moving resource contacts

A SELF-CHECK

How Ready Are You?

There are no right or wrong answers. This is simply a way to gain clarity about where you are today — and what kind of support might help you moving forward.

1. LIFESTYLE & DAILY COMFORT

	My home feels easy to maintain
	Stairs, yard work, or upkeep feel overwhelming
	I use only a few rooms most days
	I've thought about single-level living

2. SPACE & BELONGINGS

	I have more space than I use
	Some rooms have become storage rather than living space
	Decluttering feels hard to start
	I want a home that feels lighter

3. FINANCIAL & FUTURE PLANNING

	I'm curious what my home is worth
	I wonder how my equity could support my next chapter
	Predictable expenses appeal to me
	I'd like options, even if not yet

4. EMOTIONAL READINESS

	I've started thinking about what's next
	I want less responsibility and more freedom
	I feel ready to simplify, even slowly
	I'd feel better having a clear plan

YOUR RESULTS — COUNT HOW MANY FEEL TRUE

0 – 4 You're simply exploring, and that is perfectly okay.

5 – 8 You're beginning to plan your next chapter.

9 – 12 You may be closer than you think to making a change.

13 + It may be time to explore your options with guidance.



WHERE THIS GOES NEXT

Your Next Chapter Starts with Clarity

You don't have to have all the answers today. Downsizing isn't about rushing decisions — it's about creating a home and lifestyle that supports the life you want moving forward.

Whether your next move is months away or still just an idea, the work you've done here already matters. Small steps create momentum. Clarity creates confidence.

WHEN YOU'RE READY

- Questions about timing or options
- What your home could be worth today
- Homes that fit your next chapter
- A plan, even if moving isn't immediate

I AM HERE AS A RESOURCE

Think of me as your guides — not just for real estate, but for the entire transition. When you feel ready to talk, I am happy to help you explore what comes next.

ERIN CECIL

COLDWELL BANKER REGAN REALTORS

www.erincecil-homes.com | 913.707.6154. | ececil@cbregan.com