DOWNSIZING THE ULTIMATE TO-DO LIST

Ask friends and family who've recently downsized for advice.

Take photos of every room in your home.

Assess your belongings room by room; identify what to keep, sell, and donate, then distribute accordingly.

Create a list of must-keep items.

Research and schedule moving and junk removal companies in the area.

Start decluttering three months ahead.

Create a master list of inventory and a labeling system of what's been boxed.

Make storage unit arrangements as needed.

Shred unnecessary files and create digital files that are backed up on an external hard drive.

Create a designated safe space for essential physical copies such as birth certificates.

Purchase trays to organize drawers housing small items once you unpack.

Order storage pieces for your new home.

Schedule deliveries for the week of your move.

Wrap up any outstanding items related to moving.

