



Thometz
Life Coaching

Are You Thinking Of Downsizing?

Many of us reach a time in our lives, perhaps when the last child leaves home, retirement is on the horizon, our circumstances have changed, or we're ready for something new.

You may start thinking about making a lifestyle change that involves selling your current home and moving to something smaller and perhaps in a different locale.

Downsizing can require a big effort-mentally, physically, and emotionally, but hopefully, not financially!

Here are some things to consider if you think you might be ready to downsize:

Yes or No - Are you feeling like your home is too big (and that is not going to change) for the current residents?

Yes or No - Are you feeling like you want to lower your current living expenses because your kids are no longer in the school system, you'll be on a fixed income in the near future, or you're ready for something different?

Yes or No - Do you have a lifestyle in mind that you want to start living? Perhaps you've always wanted to live by the water, on a houseboat, in a ski area, or a foreign city.

Yes or No - Are you thinking, "What am I waiting for?"

Yes or No - Are you excited about the prospect of a new lifestyle? Are you afraid? Are you worried?

Yes or No - Do you not know where you want to live but still want to make a change?

If you've answered **Yes** to even one of these questions, you're probably ready to have a conversation about downsizing. A life coach can help you make sense of all of this and come up with a plan. Try out the *Downsizing Worksheets* on my website and/or schedule a consultation with me! www.thometzlifecoach.com