



Thometz  
Life Coaching

## Downsizing Worksheet #1

### Are You Ready to take the plunge?

Why do you want to downsize? What is your dream for your new life?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

What excites you about downsizing?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What do you see as the biggest hurdles to downsizing? Do you have family concerns, financial, afraid of change?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

How you answer this question will tell you if you're really ready to downsize. *What will you do with your stuff?*

- Yes No** – Throw Out
- Yes No** – Give Away
- Yes No** – Garage Sale
- Yes No** – Estate Sale
- Yes No** – Put in Storage
- Yes No** – Keep

If you answered *Put in Storage* or *Keep*, then you're probably not ready! That's OK!

If you still think you want to downsize, what steps can you take to get started?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_