

Too Much Stuff? Start Here

One small step can make the whole project feel more possible.

START SMALL

This is not a plan to clear the whole house today. You do not need to decide whether to move before starting. Choose one manageable action. Progress matters more than speed, and sentimental or difficult decisions can wait until you have more energy, information or support.

1. Choose an easy starting point

Choose one small, low-emotion area. Select all possibilities; choose one to begin.

- | | |
|--|---|
| ☐ One kitchen drawer | ☐ One box of obvious donations |
| ☐ One bathroom cupboard | ☐ Old towels or linens |
| ☐ One shelf | ☐ Duplicate kitchen items |

LEAVE DIFFICULT CATEGORIES FOR LATER

Do not begin with photographs, important documents, heirlooms, jewellery, collections, grief-related belongings, an entire basement or garage, or anything creating immediate family conflict.

2. Set a stopping point

Choose one. Stopping at the planned limit is acceptable.

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|-------------------------------------|-------------------------------------|
| ☐ 10 minutes | ☐ 15 minutes |
| ☐ One drawer | ☐ One shelf |
| ☐ One box | ☐ Five items |

3. Sort into simple categories

Choose one destination for each item.

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|-----------------------------|-----------------------|
| → Keep here | → Sell |
| → Keep for the next home | → Recycle |
| → Give to family or friends | → Dispose of properly |
| → Donate | → Decide later |

Limit Decide later to one labelled container. Ask a qualified appraiser about specialized items.

4. Ask four questions

- | | |
|---|--|
| 1 Do I use it? | 2 Would I bring it to my next home? |
| 3 Does it have a clear purpose or meaningful connection? | 4 Is keeping it worth the space, care or moving effort? |

My first action

Starting area

Time limit

First category

Planned date

ONE AREA IS PROGRESS

You do not need to solve the whole move today. The full worksheet adds privacy, planning and help guidance.