

A PRACTICAL GUIDE FOR ADULTS 55+

# Decluttering *Room by Room*

A SIMPLE, STRESS-FREE GUIDE TO  
DOWNSIZING ONE SPACE AT A TIME

*Less clutter.*  
*Less stress.*  
*More life.* ♥

Practical room-by-room  
strategies, checklists  
and tips to help you  
simplify your home  
and create space for  
what matters most.

♥  
PRACTICAL TIPS  
CHECKLISTS  
& ENCOURAGEMENT

*every step  
of the way*

Keep  
Donate  
Sell  
Recycle  
♥



*Anette Targowski*

REALTOR® | SENIOR REAL ESTATE SPECIALIST

**NOT JUST A REALTOR®**  
*Your Full Downsizing Team*



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# Welcome

## DECLUTTERING DOESN'T HAVE TO BE OVERWHELMING

The thought of decluttering an entire home can feel exhausting before you even begin. The good news? You don't have to do it all at once.

This guide is designed to help you tackle one room at a time, making steady progress without the stress.

Every small step brings you closer to your goal—whether you're preparing to downsize, getting your home ready to sell, or simply wanting a more organized and peaceful space to enjoy.



*Remember—downsizing isn't about getting rid of your memories. It's about making room for the life you want to live next.*



## BEFORE YOU BEGIN

Before you start, gather a few boxes or bins and label them:



### KEEP

For the items you use and love.



### DONATE

For gently used items that can help others.



### SELL

For items that still have value and could bring in extra cash.



### GIFT TO FAMILY

For treasured pieces someone in your family would cherish.



### RECYCLE OR DISPOSE

For items that are broken, expired or no longer usable.



### SET A TIMER

Choose 30–60 minutes. You'll be amazed at what you can accomplish!



### ONE ROOM AT A TIME

Focus on one space before moving on to the next.



### CELEBRATE PROGRESS

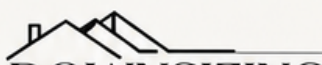
Every drawer emptied and every box filled is a win!



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**Downsizing**  
*— in bay of quite —*



**STRESS-FREE**

**Downsizing Starts Here—  
WITH ME AND MY TEAM.**

# Living Spaces

## ENTRYWAY • LIVING ROOM • DINING ROOM

These are the first rooms you see—and where clutter tends to collect. Let's create welcoming, comfortable spaces that you can enjoy every day.



### ENTRYWAY



#### FOCUS ON

- Shoes and boots you no longer wear
- Extra coats and jackets
- Umbrellas and reusable bags
- Hats, scarves and gloves
- Mail, keys and small items



#### ASK YOURSELF

- Have I used this in the last two years?
- Does this still fit my lifestyle?
- Will I need this in my next home?



#### QUICK WINS

- ✓ Clear the floor of shoes you don't wear.
- ✓ Keep only one season of coats out.
- ✓ Create a catch-all basket for daily essentials.

#### Anette's Tip

A tidy entryway sets the tone for your entire home. Keep only what you use daily.



### LIVING ROOM



#### FOCUS ON

- Books and magazines
- Décor and knick-knacks
- Electronics, remotes and cords
- DVDs, CDs and old games
- Blankets and throw pillows



#### ASK YOURSELF

- Does this add value to my everyday life?
- Would I choose to display this again today?
- Is it taking up space but not bringing me joy?



#### QUICK WINS

- ✓ Clear one shelf or tabletop.
- ✓ Sort through magazines and keep your favorites.
- ✓ Organize remotes and cords in a small basket.

#### Anette's Tip

Display what you love. Store or donate the rest. Less on display = less to dust!



### DINING ROOM



#### FOCUS ON

- Special occasion dishes
- Serving platters and bowls
- Table linens and placemats
- Candle holders and décor
- Extra chairs or furniture



#### ASK YOURSELF

- Have I used this in the last year?
- Would I use this in my next home?
- Do I have more than I realistically need?



#### QUICK WINS

- ✓ Keep your everyday dishes and let go of the extras.
- ✓ Donate duplicate sets.
- ✓ Store only one set of linens you love.

#### Anette's Tip

Keep the pieces that truly bring you joy and are likely to be used.



#### SMALL STEPS. BIG DIFFERENCE.

Focus on one area at a time and celebrate every drawer, shelf and cupboard you clear. You're creating space for what matters most.

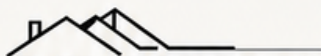
*You've got this!* 



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# Cooking Spaces

## KITCHEN • PANTRY

The kitchen is often filled with duplicates and gadgets we forgot we owned. Let's keep what you use and love—and let go of the rest.



### FOCUS ON

- Duplicate utensils
- Small appliances
- Plastic containers without matching lids
- Expired spices
- Pantry items past their best-before dates
- Coffee mugs
- Cookbooks you never use



### ASK YOURSELF

- When did I last use this?
- Do I own another one that does the same job?
- Would I buy this again today?
- Will this fit in my next home?



### QUICK WINS

- ✓ Empty the junk drawer.
- ✓ Match food storage containers with their lids.
- ✓ Donate duplicate utensils and gadgets.
- ✓ Clear out expired food, spices and condiments.
- ✓ Keep only the coffee mugs you love and use.



### Anette's Tip

Think about your next kitchen—not your current one. You don't need to use every cabinet and drawer. Choose the pieces that work for your lifestyle now and will make you smile every day.



**IT'S NOT ABOUT HAVING LESS.  
IT'S ABOUT MAKING ROOM  
FOR WHAT MATTERS MOST.**

*Progress over perfection. *

Every item you let go of today makes your tomorrow a little lighter.



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# Sleeping Spaces

## PRIMARY BEDROOM • CLOSETS

Your bedroom should be a peaceful retreat, not a storage space. Let's keep what you love, wear and need—and release the rest.



### FOCUS ON

- Clothing you no longer wear
- Shoes
- Handbags
- Jewellery
- Extra bedding
- Blankets and pillows
- Items you've outgrown or no longer love



### ASK YOURSELF

- Does it fit?
- Have I worn it in the last year?
- Do I feel good wearing it?
- Would I pack this for my next home?



### QUICK WINS

- ✓ Choose ten items of clothing you know you'll never wear again and place them directly into your donation box.
- ✓ Clear one drawer or shelf.
- ✓ Donate shoes you no longer wear.
- ✓ Keep only what you truly love and feel great in.



### Anette's Tip

It's easy to keep "just in case" items, but your next home may not have the space for them. Choose pieces that fit your lifestyle today and will serve you well in your next chapter.



### A CLUTTER-FREE BEDROOM CREATES CALM, CONFIDENCE AND CLARITY.

*Keep what supports the life you want to live next.*

### Remember...

You're not getting rid of your memories.  
You're making room for new ones.  
The goal isn't perfection—  
it's progress.



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# Family Spaces

## SPARE BEDROOMS • BATHROOMS • LAUNDRY ROOM

These rooms often become catch-all spaces for items that don't have a home. Let's bring them back to their true purpose.



### SPARE BEDROOMS



#### FOCUS ON

- Old hobbies and supplies
- Children's belongings
- Exercise equipment
- Extra furniture
- Boxes that haven't been opened in years



#### QUICK WIN

Pick one box and either empty it completely or donate it unopened.



### BATHROOMS



#### FOCUS ON

- Expired medications and vitamins
- Expired cosmetics and toiletries
- Duplicate products
- Unopened items you won't use



#### QUICK WIN

Check expiration dates and let go of anything past its prime.



### LAUNDRY ROOM



#### FOCUS ON

- Cleaning supplies
- Light bulbs and batteries
- Detergents and fabric softeners
- Miscellaneous items that collect dust



#### QUICK WIN

Group similar items together and keep only what you actually use.



 *Anette's Tip*

If you forgot you owned it until today, ask yourself honestly if you really need it tomorrow. Let's create space that works for your life right now.



**ONE SMALL STEP  
IN EACH LIGHTLY USED ROOM  
CAN CREATE BIG FREEDOM  
IN YOUR HOME.**

*Progress is built one room  
at a time.*

*Remember...* 

- ✓ Start small.
- ✓ Stay consistent.
- ✓ Celebrate every step.
- ✓ You're making room for what matters most.



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# Home Office Spaces

## OFFICES • DESKS • CRAFT AREAS

Keep what helps you stay organized and inspired.

Release what no longer serves your work,  
your creativity or your everyday life.



### FOCUS ON



- Old paperwork and files
- Notes and notebooks you no longer use
- Office supplies
- Outdated technology and accessories
- Craft supplies and tools you haven't used
- Duplicate items
- Magazines and manuals



### QUICK WIN

Clear off your desk completely.  
Keep only what you use every week.



### ASK YOURSELF

- Does this help me be productive?
- Have I used this in the last 6 months?
- Is this taking up space that I need?
- Would I buy this again today?



### QUICK WINS

- ✓ Create a keep, file/shred, donate, trash system.
- ✓ Digitize important papers and let go of the rest.
- ✓ Keep supplies organized in one small container.
- ✓ Limit yourself to only what fits in your space.
- ✓ Donate craft supplies that you no longer use.



### Anette's Tip

You don't need every resource, just the ones that bring value and joy to your work or creativity.  
An organized space equals a clearer mind.



**YOUR SPACE SHOULD SUPPORT YOUR PURPOSE, NOT DISTRACT FROM IT.**

*Let go of the clutter,  
make room for what matters.*

### Remember...

- ✓ Small, consistent steps lead to big results.
- ✓ An organized office saves time and reduces stress.
- ✓ Keep your space working for you, not against you.



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# Storage Spaces

**BASEMENT • ATTIC • GARAGE • HALL CLOSETS**

Out of sight doesn't mean out of mind.

Let's clear these spaces so everything you keep is easy to find and truly useful.



## BASEMENT



### FOCUS ON

- Seasonal decorations
- Old furniture
- Exercise equipment
- Books and media
- Boxes of miscellaneous items
- Items you've been saving "just in case"



### QUICK WIN

Pick one section or shelf and clear it completely. Keep what you use. Donate or let go of the rest.



## ATTIC



### FOCUS ON

- Holiday decorations
- Childhood keepsakes
- Old photos and albums
- Outgrown clothing
- Items stored "for future use"



### QUICK WIN

Use clear bins and label everything. If you can't remember what's inside, it's time to decide.



## GARAGE



### FOCUS ON

- Tools and hardware
- Paints and chemicals
- Garden supplies
- Sports equipment
- Old automotive items
- Broken or unused items



### QUICK WIN

Group similar items together. Let go of anything broken, expired or unsafe.



## HALL CLOSETS



### FOCUS ON

- Linens and towels
- Cleaning supplies
- Extra toiletries
- Shoes and bags
- Coats and seasonal gear
- Items you keep meaning to return



### QUICK WIN

Keep everyday items at the front and donate extras. Less is easier to keep organized.



 *Anette's Tip*

Use the "One Year Rule": If you haven't used it in the past year, it's unlikely you will. Let it go and free up valuable space.



**CLEARER SPACES.  
LESS STRESS.  
MORE ROOM FOR  
THE LIFE YOU WANT.**

*Remember...* 

- ✓ Take your time and be kind to yourself.
- ✓ Small steps create lasting change.
- ✓ The goal isn't perfection—it's progress and peace of mind.



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# Outdoor Spaces

DECK • PATIO • SHED • GARDEN

Outdoor spaces should be places of peace and enjoyment—not places to store what doesn't fit inside. Let's keep only what adds value.



## DECK & PATIO



### FOCUS ON

- Broken or worn furniture
- Extra cushions and accessories
- Empty planters
- Seasonal decorations you no longer use
- Items stored "just in case"



### QUICK WIN

Clear one corner today and create a space you can actually sit and enjoy.



## SHED & OUTBUILDINGS



### FOCUS ON

- Tools you don't use
- Old paint, chemicals and solvents
- Worn-out gardening tools
- Rusted or broken items
- Boxes you haven't opened in years



### QUICK WIN

Sort items into keep, donate, sell or recycle and remove trash immediately.



## GARDEN & YARD



### FOCUS ON

- Dead or overgrown plants
- Extra pots and planters
- Garden supplies you don't use
- Faded or broken décor
- Excess mulch, stones and supplies



### QUICK WIN

Do a quick tidy-up to make your yard feel fresh, open and welcoming.



## SEASONAL STORAGE



### FOCUS ON

- Holiday decorations you no longer use
- Extra lighting
- Outgrown or unused sports equipment
- Seasonal clothing and gear



### QUICK WIN

Keep your favourite items and let the rest bring joy to someone else.



 *Anette's Tip*

The goal isn't a perfect home or yard.  
It's a space that feels good to come home to—inside and out.  
Be proud of every step you take.

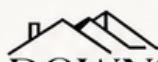


**LESS CLUTTER.  
MORE BEAUTY.  
MORE TIME TO ENJOY  
WHAT YOU LOVE.**

*Remember...* 

- ✓ Keep what adds value to your life today.
- ✓ Let go of what weighs you down.
- ✓ Your next chapter is meant to be lighter and brighter.



  
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# Putting It All Together

## A HOME THAT SUPPORTS YOUR NEXT CHAPTER

You've worked through every room—now it's time to step back and celebrate your progress.

A lighter home creates space for more freedom, memories and the life you truly want.



### FINAL CHECKLIST

- ✓ Walk through your home, room by room.
- ✓ Did every item earn its place?
- ✓ Are surfaces clear and open?
- ✓ Do your closets and storage spaces feel lighter?
- ✓ Is what's left something you love, use or truly need?



### CELEBRATE YOUR PROGRESS

Every item you let go of created space—for what matters most.

You've created:

- ♥ MORE SPACE
- ♥ LESS STRESS
- ♥ MORE TIME
- ♥ MORE FREEDOM
- ♥ A HOME YOU LOVE

*Well done!*  




### ENJOY YOUR NEXT CHAPTER

Your home should support the life you want to live today and in the future.

You now have the space to:

- ✓ Spend time with the people you love
- ✓ Focus on your health and well-being
- ✓ Pursue hobbies and passions
- ✓ Travel and explore
- ✓ Simply enjoy peace of mind



### Anette's Tip

Keep a small "maybe" box while you're decluttering. If you haven't missed it in 3–6 months, it's time to let it go.



*You've Done the Hard Work —  
Now Enjoy the Rewards.*

### YOU DESERVE A HOME THAT FEELS RIGHT FOR YOU.

When you're ready for the next step, I'm here to help make your move a smooth, positive and stress-free experience.



### REMEMBER...

- ✓ Let go with confidence.
- ✓ Keep what brings you joy.
- ✓ Your next chapter is waiting.

*You've got this!*



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# You've Got This!

**ONE ROOM AT A TIME,  
ONE STEP AT A TIME.**

Decluttering isn't about perfection—it's about progress.  
Every item you release creates space for  
what matters most.

*Be patient with yourself.*

Celebrate the small wins.

You're not just clearing your home—  
you're creating a life you love.



YOU DON'T  
NEED A  
PERFECT  
HOME.  
YOU NEED A  
HAPPY HOME.



## YOUR DOWNSIZING SUCCESS CHECKLIST

- ✓ I've gone through each room.
- ✓ I've sorted and decided.
- ✓ I've donated, sold or let go.
- ✓ I've kept what adds value to my life.
- ✓ I feel lighter and less overwhelmed.
- ✓ I'm creating a home that supports my next chapter.



## WHAT YOU'VE CREATED



A home with more  
space and less stress.



More time to enjoy  
the people and things  
you love.



Freedom to focus on  
your health, happiness  
and passions.



A fresh start filled with  
possibilities.

*That's something  
to be proud of!* 



## MOVING FORWARD WITH CONFIDENCE

- ✓ Trust the decisions you've made.
- ✓ Let go of guilt and comparison.
- ✓ Focus on how good this next chapter feels.
- ✓ Ask for help when you need it.
- ✓ Remember—you're not doing this alone.

*You're building a home  
and a life you love.*



 *Anette's Tip*

When you feel stuck, take a break, step away, and come back with fresh eyes. Clarity comes when you give yourself the space to breathe.



*You've taken the first steps.  
Now enjoy the journey ahead!*



## THANK YOU!

Thank you for letting me be a part of your  
downsizing journey. Wishing you all the best  
as you create your next beautiful chapter.

*—Anette* 



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# You've Done Amazing!

**YOUR HOME IS LIGHTER.  
YOUR MIND IS CLEARER.  
YOUR NEXT CHAPTER IS CLOSER.**

Decluttering is more than a task—  
it's a gift to your future self.

Every space you clear creates  
room for what truly matters.

*Be proud of how far you've come.*

You're not just downsizing your home—  
you're upgrading your life.



## WHAT'S NEXT?



### KEEP LEARNING

Explore more guides in the  
Downsizing Resource Library, including:

- Should I Keep It?
- Helping Parents Downsize
- Preparing Your Home for Maximum Value
- Choosing Your Next Home
- And many more!

*Knowledge leads to  
confidence and clarity.* 



### GET SUPPORT

You don't have to do it alone.  
My team and I are here to help with:

- Decluttering and sorting
- Packing and organizing
- Donation drop-offs
- Coordinating movers
- Selling your home
- Finding your next home

*We handle the details so  
you can enjoy the journey.* 



### TAKE THE NEXT STEP

Whether you're planning now or  
ready to make a move, I'm here to  
guide you every step of the way.

- Real estate expertise
- Local knowledge
- Trusted resources
- Compassionate support

*Stress-free downsizing  
starts here—with me  
and my team.* 



**YOU DESERVE A HOME  
THAT SUPPORTS THE  
LIFE YOU WANT.**

*Let's make your next chapter  
your best one yet.*

- ✓ More time with the people you love
- ✓ More freedom to do what you enjoy
- ✓ More peace of mind
- ✓ More YOU



## READY WHEN YOU ARE!

I'd love to help you or someone you know  
downsize with confidence and ease.

*Let's chat today!* 

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