



SHOULD I *Keep It?*

A PRACTICAL DECISION GUIDE FOR DOWNSIZING WITHOUT REGRET



MAKE CONFIDENT DECISIONS

Simple questions and tools to help you decide what to keep, what to let go, and what to pass along.



HONOUR WHAT MATTERS

Keep the memories, let go of the clutter, and create space for the life you want next.



PREPARE FOR YOUR NEXT CHAPTER

Downsizing isn't just about less stuff—it's about more freedom, more joy, and more peace of mind.



*"Every item you keep
should earn its place in
your future home."*



Anette
TARGOWSKI

REALTOR® & SENIOR REAL ESTATE SPECIALIST
Not Just a REALTOR®, Your Full Downsizing Team





Why Is It So Hard to Let Go?



“
Your memories
live in your heart,
not in your
storage room.”



You're not alone.

Letting go of our belongings can be one of the most emotional parts of downsizing.

It's not just about stuff.

It's about **memories, family, identity, and change.**

We all say things like...



“I might need it someday.”



“My children may want this.”



“I've had it for so many years.”



“It still means a lot to me.”



“It feels wrong to get rid of it.”



The good news?

You don't have to make every decision today. With the right questions and a little guidance, you can make confident choices—one item at a time.

This guide is here to help you do just that.



Remember:

The goal isn't to get rid of everything.

The goal is to surround yourself with the things that truly add value to your life today.

“Your next chapter deserves room to grow.”





The Six Questions

That Make Every Decision Easier

Before keeping any item, take a moment to ask yourself these six simple questions.

1		Do I use it regularly ?	YES ☐	NO ☐
2		Do I truly love it?	YES ☐	NO ☐
3		Would I buy it again today?	YES ☐	NO ☐
4		Will it fit comfortably in my next home?	YES ☐	NO ☐
5		Does it support the lifestyle I want moving forward?	YES ☐	NO ☐
6		Would it be difficult or expensive to replace?	YES ☐	NO ☐

Why These Questions?

These questions help you look at each item with clarity—not guilt or obligation.

They focus on your future lifestyle, not your past.

When in doubt, let your future self be your guide.



Your Decision Guide



5–6 YES ANSWERS

Keep it.

This item deserves a place in your next chapter.



3–4 YES ANSWERS

Think about it.

Consider donating, selling, or letting it go.



0–2 YES ANSWERS

Let it go.

It's probably time to pass it along.



“

*Don't make your next home fit your belongings.
Let your belongings fit your next home.*





The “Should I Keep It?” Decision Tree

FOLLOW THE QUESTIONS BELOW FOR ALMOST ANY ITEM IN YOUR HOME.



Still Can't Decide?



Ask yourself this one powerful question:

“If I were packing for the move today, would I pay to move this item?”

If the answer is

No,

it may be time to let it go.

QUICK REMINDER



KEEP

- You use it
- You love it
- It fits your next home
- It supports your future lifestyle



DONATE

- It's in good condition
- You no longer need it
- Someone else could benefit from it



SELL

- It has significant value
- Antiques, collectibles, jewelry, artwork, quality furniture, etc.



RECYCLE OR DISCARD

- It's broken or damaged
- Outdated or expired
- No longer safe or usable



“When you're unsure, ask yourself:
Does this item deserve a place in my next chapter?”





Three Simple Rules That Prevent Clutter

Use these easy guidelines to make faster, more confident decisions and avoid second-guessing.

1



THE "JUST IN CASE" RULE

Ask yourself...
If I needed this tomorrow,
could I **borrow** it, **rent** it,
or **replace** it?

Example:

You don't need 3 extra
blenders "just in case."
You can **borrow** one
or buy a new one
if needed.

2



THE 20/20 RULE

If it costs less than about
\$20 and can be replaced
in less than **20 minutes**...
you probably don't need
to store it for years.

Example:

Extra phone chargers,
takeout menus, or
old kitchen gadgets
fall into this category.

3



THINK ABOUT YOUR FUTURE

Don't organize your belongings
around the home you're leaving.
Organize them around the **life**
you're moving toward.

Example:

Choose items that
support the way you
want to live, not the
way you used to live.

“

Remember...



Every item you keep
should have a purpose,
bring you joy, or support
the life you want next.



Golden Rule



When in doubt,
don't keep it out
of guilt or fear.
Keep what adds
value to your future.

Plan for Your Future



Imagine your next home and lifestyle. How do you want to feel?



Less stress



Lower expenses



More freedom
to enjoy life



Closer to
family & friends



A safer, easier
place to live

Your belongings should
support that vision,
not hold you back.

*Your next chapter
deserves room
to grow.*



“

*The things that matter most in life aren't things.
Make room for what matters.*





The 10 Hardest Things to Let Go Of

These items carry memories, meaning, and emotion.
Use these tips to help you decide what stays and what goes.

1



FAMILY HEIRLOOMS

Keep the stories—not necessarily every item.

2



FINE CHINA & CRYSTAL

Keep what you'll actually use and truly enjoy.

3



CHILDREN'S KEEPSAKES

Save your favourites. Photograph the rest.

4



FURNITURE

Will it fit your next home and your lifestyle?

5



COLLECTIONS

Display your best pieces and let go of duplicates.

6



HOLIDAY DECORATIONS

Keep what still brings you joy each year.

7



CLOTHING & ACCESSORIES

Dress for the life you live today.

8



HOBBY SUPPLIES

If the hobby has ended, let the supplies help someone else.

9



GIFTS & "JUST BECAUSE" ITEMS

A gift fulfilled its purpose when it was given.

10



PHOTOGRAPHS & SENTIMENTAL ITEMS

Choose the few that tell your story best.



Gentle Reminder



It's okay to keep a few special items that bring you comfort and joy.



CONSIDER CREATING a Keepsake Box

A small box of your most meaningful treasures can hold more value than a house full of things.



Letting go doesn't mean forgetting.

It means making room for what matters most.



Be patient with yourself. You're not just clearing space—you're creating a life you love.



“

*A house holds things.
A home holds memories.*





Family Heirlooms

Without Family Arguments

One of the biggest worries people have is,
“What if my children wanted this?”

Instead of guessing... ask them.
You may be surprised. Many families treasure the
stories far more than the furniture.



Consider These Ideas



GIVE MEANINGFUL PIECES NOW

Share special items
with family members
while you can
see them enjoyed
and appreciated.



WRITE DOWN FAMILY STORIES

The memories and
stories behind an
item are often more
valuable than
the item itself.



TAKE PHOTOGRAPHS

Capture images of
items, documents,
and special places
to preserve
your memories.



CREATE ONE KEEPSAKE BOX

Choose a small
collection of items
that tell your story
and fit in one
special box.



ASK & COMMUNICATE

Ask your family what
items they truly
value. Their answers
may surprise you.

Tips for a Smooth Process

- ✓ Start conversations early—don't wait until the last minute.
- ✓ Be open to different ideas about what's meaningful.
- ✓ Focus on keeping the memories alive, not the clutter.
- ✓ Remember, you can't take it with you, but your legacy of love lives on.

“

*Share your
treasures while you
can enjoy seeing them
loved.*



A final thought...

Passing down treasures now can bring joy to your loved ones
today—and create beautiful memories for everyone.



“

*What we keep becomes part of our story.
Choose wisely. Share generously. Cherish always.*





Keep or Let Go

Worksheet

Use this worksheet for each room as you sort through your belongings.
One decision at a time creates big change.



ROOM: _____

ITEM 	USE IT? (Regularly) 	LOVE IT? (Personally) 	FITS NEW HOME? (Yes / No) 	SELL (It Has Value) 	DONATE (Good Condition) 	KEEP (It Earns Its Place) 
_____	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐
_____	☐	☐	☐	☐	☐	☐



DECISION TIP



If you answered
“NO” to most of
these questions,
it may be time
to let it go.



Use it?
Do you use this
regularly?



Love it?
Does it truly
bring you joy?



Fits New Home?
Will it fit
comfortably in
your next home?

*Keep only what
supports the life
you're creating.*



Today's Goal



Today's Success



Every item you decide on
today brings you closer to a
lighter, more peaceful home.



“

You don't have to do it all today.
Just keep moving forward—one item, one decision at a time.



Envision Your Next Chapter

Focus on What Matters Most



Downsizing isn't just about letting go of things.
It's about making room for **the life you want next.**



Take a Moment to Reflect

Answer these questions to help guide your decisions
and stay focused on what's truly important.



What does my ideal next chapter look and feel like?

.....



How do I want to spend my time and energy?

.....



What kind of home will best support my future lifestyle?

.....



What brings me the most joy every day?

.....



What are my top 3 priorities for this next chapter?

1.

2.

3.



Small Steps. Big Change.

Choose **ONE** area to start with this week.
Small steps create momentum!

I will start with:

My goal for this area:



*A Moment
of Gratitude*

Take a moment to appreciate the home,
belongings, and memories that have
brought you this far.

Today, I am grateful for...

.....
.....
.....



Helpful Reminders



YOUR TIME IS PRECIOUS

Surround yourself with
things that support the
life you want to live.



LESS CAN BE LIBERATING

Less to clean, less to maintain,
less to manage—more time
for what matters most.



IT'S OKAY TO LET GO

Letting go of things doesn't
mean letting go of the
memories.



FOCUS FORWARD

Every decision you make
today brings you one step
closer to your next chapter.



*Let go of
what no longer
serves you.*



Make space for what
sets your soul on fire.



*The best chapters in life aren't about having more.
They're about making room for what matters most.*





Your Action Plan

Take It One Step at a Time



Big change happens with small, consistent steps.
Use this plan to keep moving forward with confidence.



CREATE YOUR DOWNSIZING PLAN

Choose 3–5 action steps that will help you move closer to your next chapter.

1 Action Step: _____ Target Date: _____

2 Action Step: _____ Target Date: _____

3 Action Step: _____ Target Date: _____

4 Action Step: _____ Target Date: _____

5 Action Step: _____ Target Date: _____

Reflection



What excites you most about your next chapter?

How will your life be better and different?

What are you looking forward to the most?



Keep These Tips in Mind



PLAN A LITTLE EACH DAY

Even 15 minutes makes progress.



CELEBRATE WINS

Every item sorted is a step toward freedom.



ASK FOR HELP

You don't have to do it all alone.



BE KIND TO YOURSELF

This is a journey, not a race.



KEEP YOUR "WHY" IN SIGHT

Focus on the life and freedom you're creating.

“

*You are not losing your past.
You are making room for your future.*



You've Got This!

Every decision you make today brings you one step closer to a simpler, more peaceful, and more joyful life.

I'm here to help you every step of the way.



“

*Small steps today. Big freedom tomorrow.
You're creating a life you'll love.*



You've Thought. You've Planned.

Now Take the Next Step.



You have the clarity, the plan, and the purpose.
Now it's time to take action and create the life you've envisioned.



MY NEXT CHAPTER CHECKLIST

Use this checklist to guide your next steps.

STEP	ACTION	TARGET DATE	✓
 1. CLARIFY YOUR GOALS	Review your priorities and what matters most.	___/___/___	☐
 2. DECLUTTER WITH PURPOSE	Sort your belongings intentionally, one area at a time.	___/___/___	☐
 3. SEEK SUPPORT	Reach out to trusted friends, family, or professionals.	___/___/___	☐
 4. PLAN FINANCIALLY	Understand your options and create a realistic plan.	___/___/___	☐
 5. EXPLORE YOUR OPTIONS	Research homes, communities, and lifestyle choices.	___/___/___	☐
 6. TAKE ACTION	Make that first move—you don't have to do it all at once.	___/___/___	☐

You Are Not Alone



Downsizing can bring up big emotions and tough decisions.

That's okay.

You're allowed to take the time you need.



Be gentle with yourself.



Celebrate small wins.



Ask for help when you need it.

You've got this.



Notes & Encouragement



“

Every ending is a new beginning.
Be excited for what's next!



“

The future belongs to those who believe in the beauty of their dreams. — Eleanor Roosevelt

Welcome to Your Next Chapter

A Personal Note from Anette

If you've made it this far, you've already accomplished something important—you've started.

Downsizing isn't just about deciding what to keep or let go. It's about creating a home and a lifestyle that better reflects where you are today and where you're headed tomorrow.

After helping many families through this journey, I've learned that every move is different. There isn't a perfect timeline, a perfect plan, or a perfect way to downsize.

There is only your way.

My role isn't simply to help you sell your home. It's to make the entire transition less stressful, answer your questions, connect you with trusted professionals, and walk beside you every step of the way.

Because you don't have to do this alone.



ANETTE'S PROFESSIONAL TIPS



★ START EARLIER THAN YOU THINK.

Even 20–30 minutes a few times each week makes an incredible difference.



★ DON'T BEGIN WITH SENTIMENTAL ITEMS.

Build confidence by starting with the easier decisions first.



★ PROGRESS IS BETTER THAN PERFECTION.

One drawer.
One cupboard.
One room.
Small victories create momentum.



★ FOCUS ON YOUR FUTURE—NOT YOUR PAST.

Keep the things that support the life you're creating.



★ ASK FOR HELP.

Sometimes having someone beside you makes the difficult decisions much easier.



★ BE KIND TO YOURSELF.

This isn't simply a move—it's one of life's biggest transitions.



If I Can Leave You With One Thought... ♥

The memories you've made aren't inside your furniture, your closets, or your storage room. They travel with you.

The next chapter of your life deserves space to grow, and I hope this guide has helped you take the very first step toward it. ♥

Let's Connect

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*You're not just downsizing your home.
You're rightsizing your life.*

I'M HERE TO HELP YOU EVERY STEP OF THE WAY.



Stress-Free Downsizing Starts Here—
with Me and My Team.

