

**Wesley's Priority
Reservation List
Members**

Exclusive Downsizer's Club

**In-person
& online**



09 | Your Home is a Living Space and Not a Storage Space

Tues., September 9, 2:00 PM Wesley Tehaleh Event Center



10 | Re-investing Your Real Estate Proceeds for Maximum Return & Minimum Risk

Tues., October 14, 2:00 pm Wesley Lea Hill Assembly Hall



11 | Recognizing Real Estate Scammers

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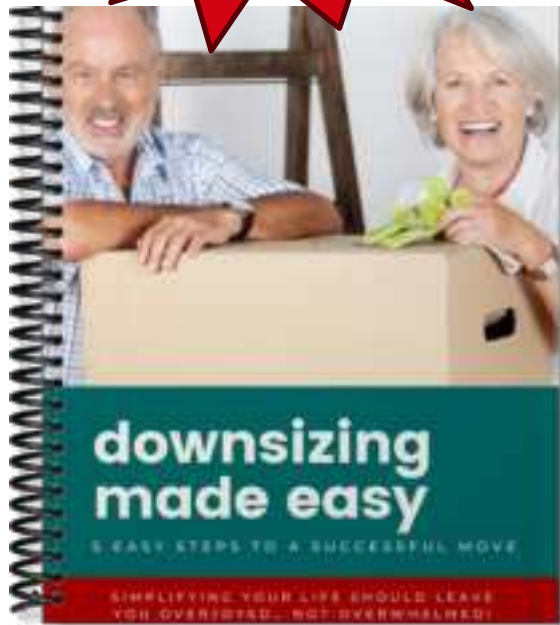


12 | Celebrate Your Successes

Tues., December 9, 2:00 PM Wesley Des Moines Terrace Auditorium



A Team RED
Gift for You
Engage – Educate –
Empower



Wesley's Priority Reservation List Members

Exclusive Downsizer's Club
Monthly Seminar Series

Downsizer's Club Online Library

Recorded Presentations & Downloadable PDF Materials Available
Exclusively for Wesley Downsizer's Club Members



Scan the QR code to access
the library

Club Binders Available Through Your Community Relations Director

Team
R.E.D

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Exclusive Downsizer's Club**

Engage – Educate - Empower

This Month



Tuesday, September 9th, 2025, 2:00 pm
Online or In-Person

Wesley Tehaleh - Event Center
Call to reserve a seat.



Kathryn Kleber
Facilitator



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Your Home is a Living Space and Not a Storage Space



Your Home Is a Living Space, Not a Storage Space

Team
R.E.D





Planning and Executing a Successful Downsize: Moving From Home to a Retirement Community in One Year or More

**ESSENTIAL STRATEGIES FOR A SMOOTH RELOCATION AND
DOWNSIZING**



Meet Your Speaker



Toni Wahlstrom

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- Started **Wahl To Wahl Organizing** in 2020 as a side hustle
- Very first paying client was downsizing from a 2500 sf home into a 650 sf assisted living space
- Current Washington State National Association of Productivity & Organizing Professionals (**NAPO**) Treasurer
- Fulfilled my dream of making Wahl To Wahl my full-time hustle in March of this year after 26 years in finance



Why Start Downsizing Early?

- More control, less overwhelming.
- Time to make thoughtful decisions.
- Save money on moving costs.
- Enjoy peace of mind.
- Be ready to say yes when your perfect Wesley home is available!

Understanding the Impact of Clutter on Daily Living



Physical Space Impact

Clutter reduces usable physical space, making homes feel cramped and disorganized.

Mental Health Effects

Excess clutter can increase stress and anxiety, negatively affecting mental well-being.

Safety Concerns

Cluttered spaces create hazards, increasing risk of trips, falls, and accidents at home.

Motivation for Decluttering

Recognizing clutter's impact encourages effective decluttering for a comfortable, functional living space.



Downsizing and Preparing for a Move: A 12 Month Planning Guide

STEP-BY-STEP STRATEGIES FOR A SMOOTH
RELOCATION PROCESS



One Year Timeline Overview

Plan & Prepare

Start planning and preparing 12–9 months ahead, setting clear goals and organizing logistics for the move.

Sort & Simplify

From 9–6 months, sort belongings and decide what to keep, discard, or donate for a smoother move.

Letting Go & Pass On

Between 6–3 months, remove unnecessary items and pass on valuables to reduce clutter.

Finalize & Pack

During the last 3–1 months, finalize moving arrangements and pack belongings for a smooth transition.



Your Downsizing Journey



- **Taking Your Time:** The Emotional Journey and Getting Started
- **12–9 Months Out:** Planning and Preparing for Downsizing
- **9–6 Months Out:** Sorting and Simplifying Your Belongings
- **Collaborating with Family** and Making Final Decisions
- **Sorting, Decluttering, and Letting Go**
- **6–3 Months Out:** Letting Go and Passing On
- **Practical Tips** for an Easier Downsizing Process
- **Leveraging Professional Organizers** and Support
- **3-1 Months-Finalize** & Pack



12–9 Months Out: Planning and Preparing for Downsizing



Envision Your Future Floor Plan and Lifestyle



Begin With Quiet Contemplation

Taking time to think it through & write it down. Take into consideration your energy and ability.

Compare Furniture Fit

Determine which current furniture fits comfortably in the new space and what needs adjustment.

Compare Your Lifestyle Changes

Identify belongings to downsize or leave behind based on new home space limitations.

Consider Who Else Will Be Involved In The Process.

Children, siblings, spouse, grandchildren, friends...?

Beginning to Think About What to Keep, Give Away, or Rehome



Initial Decision Making

Begin deciding which items to keep, donate, sell, or give away to simplify the process later.

Make Rough Cuts

To avoid losing momentum, these are preliminary decisions. No decision is permanent yet.

Reduce Future Stress

Early evaluation helps reduce last-minute stress and makes the overall process more manageable.

Coping with Emotional Attachments

Acknowledge Your Emotions

Recognize and accept your feelings associated with sentimental items. Taking time helps in emotional processing.

Share Stories

Discuss memories related to items with loved ones to deepen emotional connections and shared understanding.

Pass Items with Joy

Consider the happiness in passing cherished items to others who will appreciate them, fostering legacy and connection.





9–6 Months Out: Sorting and Simplifying Your Belongings

Tackling Larger Categories: Furniture, Kitchen Items, Seasonal Decor



Pre-Plan For Your Current Furniture

Assess which furniture pieces suit your current lifestyle and available space before keeping or discarding them.

- **Assess Item Size and Fit.**
- **Check Condition and Usefulness.**



Sort Kitchen Items

Review kitchen utensils and appliances, keeping only those that are practical and used regularly; eliminate duplication.



Manage Seasonal Decor

Decide which seasonal decorations fit your lifestyle and store or donate excess items responsibly.



Focusing on Specific Areas: Garage, Unused Rooms, Closets, Cupboards



Evaluate Stored Items

Assess items in garages, closets, and cupboards to identify what to keep or discard before moving.

Declutter Less Used Spaces

Focus on decluttering less frequented areas like unused rooms, the back of the garage and unused drawers to reduce excess belongings efficiently.

Pre-Sorting Helps Prepare for Moving

Organized and decluttered spaces ensure a smoother moving process and easier packing.

Starting with Manageable Tasks



Begin Small

Start projects in small, well-defined areas to make tasks more manageable and less overwhelming.

Build Momentum

Completing small tasks creates positive momentum toward finishing larger projects successfully.

Reduce Overwhelm

Focusing on one category or room at a time helps reduce feelings of being overwhelmed.

The Decision-Making Process



Keep

Identify belongings to retain based on frequent use, sentimental value, or necessity to reduce clutter effectively.

Purposeful Gifting

Be careful not to diminish your ability for an estate sale.

Sell

Choose valuable but unused belongings to sell for extra income and prevent waste.

Donate

Set aside gently used items suitable for donation to help others and minimize waste.

Discard

Dispose of broken or unusable items responsibly to declutter and maintain a clean environment.



Collaborating with Family and Making Final Decisions



Inviting Family Help and Deciding Who Will Receive Items

Early Family Engagement

Engage family members early to facilitate meaningful sharing and clear communication about belongings.

Meaningful Item Sharing

Sharing items with family members can reduce uncertainty and ensure belongings are appreciated appropriately.





Avoiding Simply Storing Items Elsewhere and Staying Intentional



Avoid Temporary Storage

Resist the temptation to store items elsewhere temporarily. Utilize this period of time to go through it now.

Commit to Goals

Stay intentional by committing fully to your downsizing and organizing objectives.



Sorting, Decluttering, and Letting Go

Evaluating Personal Possessions and Sentimental Items



Reviewing Possessions

Carefully examine all your belongings to understand what you own and their condition.

Considering Sentimental Value

Focus on items with emotional significance and evaluate their importance to you.

Assessing Usefulness and Space

Assess each item's practicality and if it fits the space in your new home.

Prioritizing What to Keep

Decide which possessions to keep or let go to manage space and value effectively.

Deciding What to Keep, Donate, Sell, or Gift



Categorize Your Items

Group belongings by categories to facilitate clear decisions based on usefulness and sentiment.

Benefits of Donating and Gifting

Donating or gifting items extends their life and benefits others in need or your community.

Selling for Financial Support

Selling unused items helps raise funds to support moving expenses or other needs.



Choosing Donation Centers and Planning for Disposal

Selecting Donation Centers

Choose reputable donation centers to ensure your items help those in need and are properly managed.

Responsible Disposal Planning

Plan the disposal of unwanted items responsibly to minimize environmental impact and promote recycling.





6–3 Months Out: Letting Go and Passing On



How Professional Move Managers Can Assist Before Moving Day



Logistics Coordination

Move managers handle scheduling and organizing all moving logistics to ensure a smooth process.

Packing Assistance

They provide expert help with packing, ensuring belongings are safely and efficiently packed.

Stress Reduction

Move managers alleviate moving day stress by managing details and coordinating tasks effectively.



Reducing Costs and Stress by Preparing Early



Avoid Last-Minute Expenses

Preparing early prevents costly last-minute purchases and expenses during the moving process.

Reduce Moving Anxiety

Early preparation reduces stress by providing ample time for planning and problem-solving.



Practical Tips for an Easier Downsizing Process



Practical Strategies for Starting the Downsizing Process

Start Small and Set Goals

Begin downsizing in small, manageable areas to avoid overwhelm and set clear, achievable goals for progress.

Use Sorting Techniques

Apply sorting methods like the four-box technique to efficiently categorize items for keeping, donating, selling, or discarding.

Involve Family Members

Include family members in the process to stay motivated and ensure organized decision-making throughout downsizing.



Applying the 1-Year Rule for Letting Go



1-Year Usage Guideline

If an item hasn't been used in the past year, it's often unnecessary and can be let go to declutter.

Benefits of Letting Go

Releasing unused possessions frees up physical space and mental clarity for important things.

Building a Personalized Timeline for Decluttering Success



Tailored Timeline Creation

Create a realistic timeline that fits your personal pace and daily schedule for decluttering success. Tailor the checklist to fit your specific downsizing needs and personal goals effectively.

Phase Breakdown Strategy

Divide the decluttering process into manageable phases to maintain motivation and avoid feeling overwhelmed. Arrange downsizing tasks in order of importance to focus on what matters most first.

Stress Reduction Approach

Using a phased and paced plan helps reduce stress while preparing for a major move or change. Assign deadlines to tasks to maintain motivation and track your downsizing progress.



Starting with Easy Categories: Duplicates, Expired Items, Paperwork



Declutter Duplicates

Removing duplicate items simplifies your space and makes organization easier.

Discard Expired Items

Identifying and discarding expired products ensures safety and frees up space.

Organize Paperwork

Sorting and removing unnecessary paperwork reduces clutter and improves efficiency.

Digitizing Papers and Photos for Simpler Storage



Space Saving Benefits

Digitizing documents and photos frees physical space and reduces clutter in homes and offices.



Preserving Memories

Converting photos to digital format helps preserve them from deterioration over time.



Easy Access and Sharing

Digital files are searchable and can be easily shared with family and friends through online means.

Creating Memory Boxes and Photo Journals

Purpose of Memory Boxes

Memory boxes help preserve important personal items, celebrating special moments and memories.

Photo Journals Benefits

Photo journals allow for visual storytelling and organizing memories in a creative, compact format.

Space Management

These curated keepsakes help honor the past while keeping living spaces tidy and manageable.





Leveraging Professional Organizers and Support



Benefits of a Professional Organizer: Accountability and Expertise



Accountability Support

A professional organizer helps clients stay focused and maintain progress throughout their downsizing journey. From

Practical Solutions

They provide effective, tailored strategies to efficiently declutter and organize living spaces.

Tailored Organization Systems

Organizers design systems specifically suited to individual habits and available space for maximum efficiency.

Enhancing Home Functionality

Personalized organizational setups improve comfort and functionality in new homes.



Leveraging Professional Organizing Support

Expert Experience

Their expertise customizes to your needs, expanding on the scope of your project and putting a detailed timeline to it.

Project Management

A professional organizer can act as project manager, helping coordinate third-party services such as movers and donation pick-up services, handling logistics on your behalf.





Understanding NAPO Credentials and Finding Qualified Help

NAPO Certification Importance

NAPO certifies experts to ensure high standards in productivity and organizing services. Certified professionals demonstrate verified skills and knowledge.

Choosing Qualified Help

Understanding NAPO credentials helps clients select trustworthy and effective productivity and organizing support.



3-1 Months-Finalize & Pack

Packing for the Move



Sort and Downsize Belongings

Choose what to take, donate or discard the rest to make moving easier and reduce clutter.

Label Boxes Clearly

Label each box with its contents and destination to make unpacking and organizing simple and efficient.

Prepare Essentials Box

Pack a box with necessities for your first week, ensuring you have easy access to important items.

Pack Suitcase for Easy Access

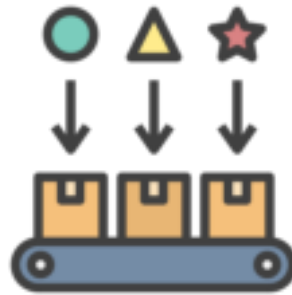
Pack your suitcase as if for a short trip so your necessities are easily accessible during the move.

Conclusion: Successfully Navigating Downsizing and Moving



Thoughtful Planning and Preparation

Begin downsizing with clear planning and emotional readiness to manage the transition smoothly. Being emotionally prepared helps ease the stress of leaving a longtime home.



Sorting and Collaboration

Sort belongings carefully and collaborate with family or helpers to simplify the process. Learn to let go of unnecessary items and confidently embrace your new living space.



Practical Strategies

Effective downsizing requires careful planning to organize belongings and prepare for the transition. Following expert advice and sorting belongings carefully ensures a smooth, rewarding transition.



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Questions

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And

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Answers

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