
Rightsizing and Decluttering

— with Big Rocks Organizing —



What do you think of when you hear the word “Downsizing?”

make (something) smaller

What is “Rightsizing?”

Ciji Ware, author of *Rightsizing Your Life: Simplifying Your Surroundings While Keeping What Matters Most*, defines rightsizing as “a process, not an event.”

Ware says Rightsizing is a...

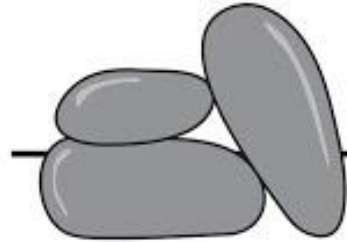
“conscious, practical, and psychological evolution in the way one lives one’s life...the transition, will if executed properly, liberate you from many real-life burdens and free you in ways you cannot now imagine.”



Six Steps

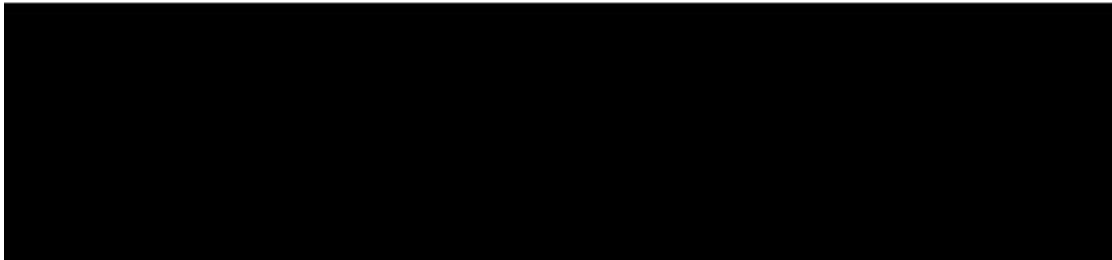
1. Identify Your “Big Rocks”
2. Envision the Outcome
3. Make a Plan
4. Enlist Allies
5. “Make It So!”
6. Let It Go So You Can Grow!

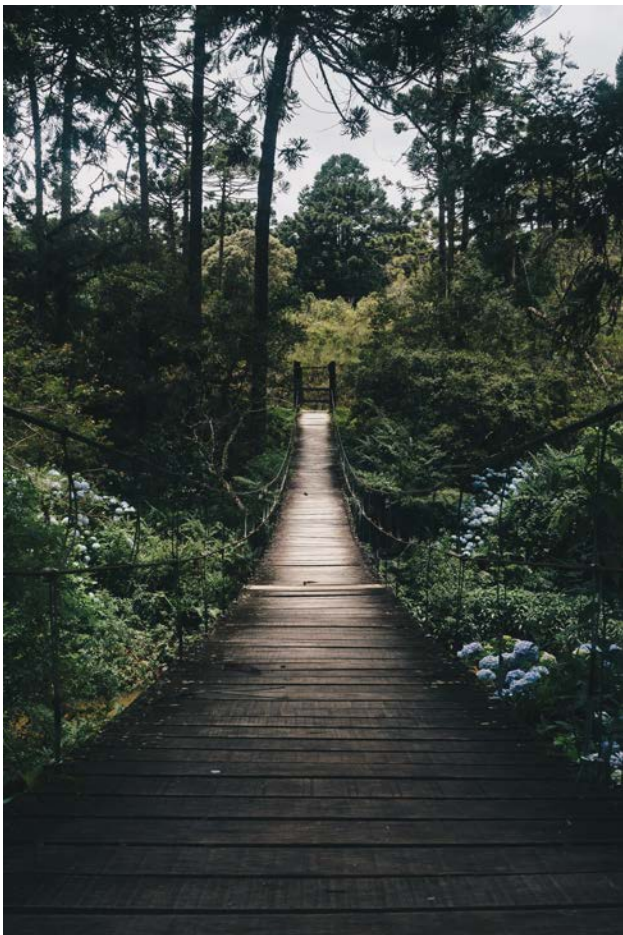
Identify Your “Big Rocks”



BIG ROCKS
ORGANIZING LLC

Est. 2015





Envision the Outcome

Make a Plan

Kanban Board

Reverse engineer your timeline

Apps or a good, old-fashioned “to-do” list

How do you like to plan?



Enlist Allies

- Close friends or family.
 - Find those who are non-judgmental, respectful, and compassionate.
 - Find an accountability partner.
 - Hire a professional if you feel stuck, overwhelmed, or want to make faster progress. They know a ton of local resources and can be your coach and guide!
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- Choose people who lift you up, encourage you, and make you feel good.
 - This is about YOU, not THEM. **You make all of the final decisions.**

Allies Can Help With...

- Looking up donation criteria for your favorite charities
- Transporting unwanted items to those charities
- Making a list of donations for tax purposes
- Asking you questions to help you make decisions
- Remind you of your vision when you get lost in the weeds
- Contact consignment shops, vet service providers, etc.

“Make It So!” » Tools



- colored dot stickers
- Sharpie
- sticky notes
- blue painter's tape
- old boxes
- trash bags

“Make It So!” » Tactical Tips

- Group like items together
- Have boxes or dedicated spaces for:
 - keep, donate, shred, recycle, trash, sell, and relocate
- Break the project into small chunks
- Focus on what to keep (rather than what to let go of)
- Halfway house
- Consider the 20/20 rule
- Make it fun!

Let It Go So You Can Grow!

Saying “No” to something means saying “Yes” to something else!

What could you make room for by “letting go?”



Roadblocks

- Time / timing
- Resistant partners
- Emotional attachment - it's not just about the stuff
- Physical or health challenges
- Compulsive acquiring and/or hoarding disorder
- A mismatch between what we think our items are worth and what they are *actually* worth

Resources

- ***Buried in Treasures: Help for Compulsive Acquiring, Saving, and Hoarding***
by David F. Tolin and Gail Steketee
- ***Rightsizing Your Life: Simplifying Your Surroundings While Keeping What Matters Most*** by Ciji Ware
- ***Don't Toss My Memories in the Trash*** by Vickie Dellaquilla
- ***The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter*** by Margareta Magnusson (audio version highly recommended!)

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