



My Downsizing Plan Template

Target Move-Out Date: _____

Use this plan to break your goal into manageable monthly steps. Each section includes space to write your main focus for the month and your weekly action steps.

Month 1: Start the Conversation & Build Trust

Focus on emotional readiness, open communication, and shared ownership of the process.

Main Goals for the Month:

- _____
- _____

Weekly Goals:

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____



Month 2: Build Your Support Team

Begin filling out the “Who Is in Your Team?” worksheet. Identify people and services who can help.

Main Goals for the Month:

- _____
- _____

Weekly Goals:

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____



Month 3: Assess Needs

Decide where to begin downsizing. Consider safety, clutter, and emotional impact.

Main Goals for the Month:

- _____
- _____

Weekly Goals:

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____



Month 4: Choose a Starting Zone and Create Milestones

Use a system (Keep, Donate, Sell, Discard). Prioritize progress over perfection.

Main Goals for the Month:

- _____
- _____

Weekly Goals:

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____



Month 5

Think ahead. What major choices or logistics are coming soon? What can you line up now?

Main Goals for the Month:

- _____
- _____

Weekly Goals:

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____



Month 6

The transition happens now, focusing on emotional support, moving logistics, and closure.

Main Goals for the Month:

- _____
- _____

Weekly Goals:

Week 1: _____

Week 2: _____

Week 3: _____

Week 4: _____