

What You Can Do to Start the Moving Process

1. Visit the new apartment a few times before moving day so you can get a better understanding of how much space you really have. Make sure to take a tape measure so you can determine whether that beloved armchair is really going to fit in your new space.
2. Go through one room at a time when it's time to start downsizing. Start with the least sentimental spaces and work your way to the more sentimental pieces. Once you start making decisions about things like that extra knife set and dusty old bicycle, you're more prepared to tackle things like clothing and picture frames.
3. Sort items into boxes labeled "keep," "donate," "sell," and "throw away." Make sure the boxes are taped, labeled, and ready to go before you start sorting through the house, so you don't lose your momentum along the way. You might even want to consider having a box dedicated to giving sentimental items to loved ones.
4. Take photos of the things you love but aren't going to keep so you can reminisce without carrying the items to your new home. This is a great option for things like children's artwork, musical instruments, sentimental pieces of furniture, and formal dishware.
5. Keep in mind that the memories are more important than the items. That doesn't mean this process will be easy, and it's okay if it takes some time to part with beloved items. But you can still carry those memories without the physical items.